

# The Reinvention Issue

THE MAGAZINE MEN LIVE BY

# Men's Health®

“It's Time for Me  
to Grow Up”

#1  
Greatest  
Health Tip  
Ever  
P.144

Free Pull-Out Plan

## LEAN MUSCLE

In Just 8 Moves!  
P.65

Your Ultimate  
Cardio Plan

P.53

JUSTIN  
BIEBER  
EXPLAINS  
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+ Spike Your  
Metabolism  
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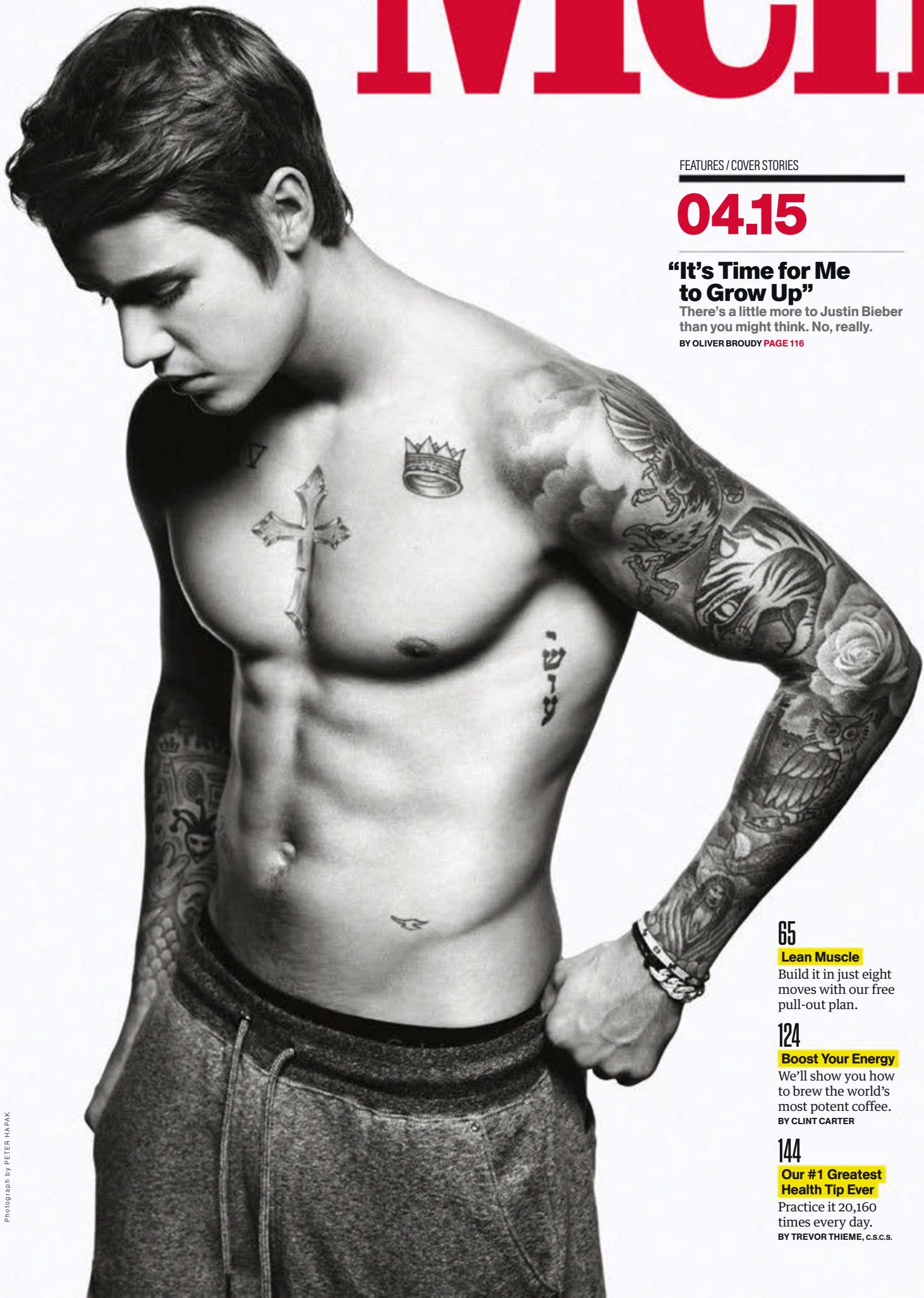
FEATURES / COVER STORIES

## 04.15

### "It's Time for Me to Grow Up"

There's a little more to Justin Bieber than you might think. No, really.

BY OLIVER BROUDY PAGE 116



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#### Lean Muscle

Build it in just eight moves with our free pull-out plan.

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#### Boost Your Energy

We'll show you how to brew the world's most potent coffee.

BY CLINT CARTER

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#### Our #1 Greatest Health Tip Ever

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BY TREVOR THIEME, C.S.C.S.



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## THIS IS NOT A SH

TO GO FOR DAY NUMBER 4,258. TO GO TEST  
YOUR SHADOW AROUND THE NEIGHBORHOOD.  
CONTROL, THE TIMESHEETS, THE TEXT MESSAGES,  
SLOW. TO GO WITH THE CLIFTON - 7.7 OUNCES  
THAN YOU DID YESTERDAY. TO GET FASTER FOR



**OE.** THIS IS AN INVITATION. TO GO FOR DAY ONE. YOUR AMBITION, YOUR WILL, AND YOUR EGO. TO GO CHASE TO GO BECAUSE THE CALLS, THE LEAKY FAUCET, THE REMOTE AND THE LAWN CUTTING CAN WAIT. TO GO FAST. TO TAKE IT OF SMOOTH RUNNING THAT INVITES YOU TO GO FURTHER TOMORROW. LET'S GO.

**HOKA ONE ONE**





THIS MONTH: Hit the road, clean up, eat well, run smarter, flirt with temptation, and take command of ED.



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**ON THE COVER**  
Justin Bieber, photographed by Peter Hapak. Styling by Brian Boyé, grooming by Florida Basallo/GQ24.7 products/Nine Zero One Salon, set design by Kendall Faeth, production by Mary Brooks/3 Star Productions. Calvin Klein shorts, Cartier and Jewelry by Eliot bracelets





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## APRIL FUELS

04/01  **Hitch a Ride to the Asteroid Belt**  
By the first of April, no joke, the space probe *Dawn* will have settled into orbit around Ceres, the largest chunk of real estate in the asteroid belt. Ceres is technically a dwarf planet and is thought to have ice, water, and geysers...and, of course, little tiny aliens.

04/03  **Wallow in the Fast, Furious, and Wistful**  
We've all seen the trailer. Now watch the full-length, eardrum-thumping, eyeball-popping *Furious 7*. Or, as we call it here, the *Men's Health* Cavalcade of Stars, including former cover guys Dwayne Johnson, Jason Statham, and (sigh) the late Paul Walker.

04/04  **Marvel at Tony Stark's Rebirth**  
At one time the notion that Robert Downey Jr. would reach the age of 50 was, well, optimistic. But like his alter ego Tony Stark, he rose from the near-dead, got clean and ripped, and turned iron into gold. His birthday is April 4, but trust us—he needs nothing.

04/05  **Find Out What Don Draper Has Been Selling**  
*Mad Men* broke last year with a moon landing, a singing and dancing ghost, and a teary-eyed Don Draper, single again. Its final, seven-episode push was described by coy cast members as "surprising." What, do they actually wait for the cocktail hour?

04/07  **Issue a Throwdown and Win at Losing**  
Ever notice that you can lift more when a hot woman is around? (No? Switch gyms.) Likewise, guys try harder when competing. Our new book, *Men's Health Workout War*, shows how to organize weight-loss, muscle-building competitions with friends.

04/09  **Celebrate the Official Start of Spring**  
Three years ago, a lad from Northern Ireland began Masters Sunday with a four-stroke lead. He fell apart. Since then, Rory McIlroy has more than fulfilled expectations—and he looks to complete his career Grand Slam this week at Augusta National.

04/12  **Indulge in Bloodlust—and the Other Kind**  
Sharpen your broadsword and throw on some furs: *Game of Thrones* season 5 starts tonight on HBO. We've come to expect wargs and wights and wildlings and direwolves and fireballs, and that's all fine. But we'll tune in for the blood and the boobs.

04/20  **Log (or Watch) Some Serious Mileage**  
Today is Patriots' Day, and here's how to celebrate: Watch the Boston Marathon, remind everyone that defending champ Meb Keflezighi is American, learn to pronounce his name (Ka-FLEZ-ghee), and buy his book, *Meb for Mortals* (Rodale). And go for a run.

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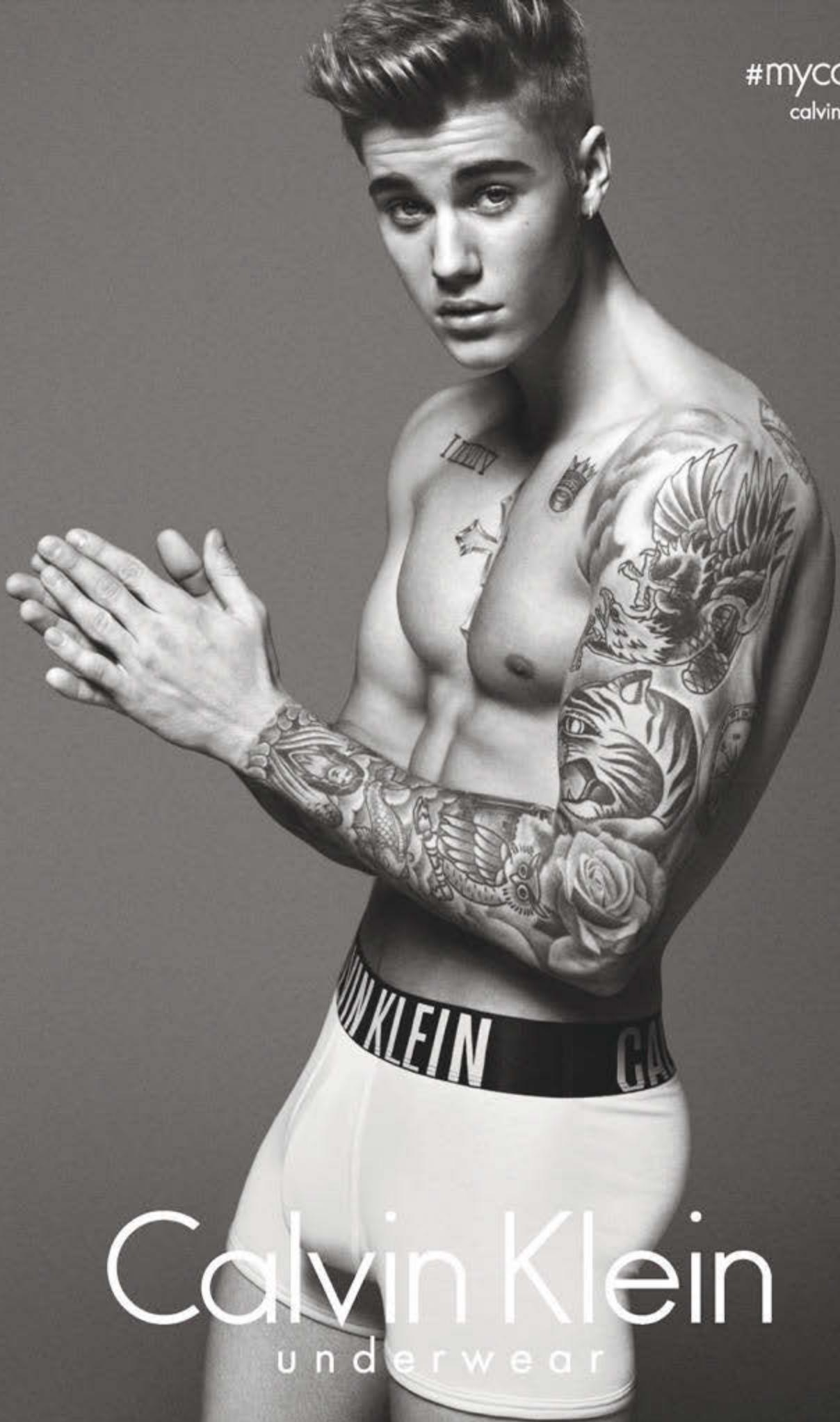
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*Men's Health* carries the very latest health, fitness, and nutrition reporting and taps the world's foremost experts so you can be more knowledgeable about your health. But every body is different. Take what you read here as general information; individual diagnoses and treatments can come only from a health care practitioner.

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# Can Justin Bieber Reinvent Himself?

■ WHY IS JUSTIN BIEBER ON THE COVER OF *MEN'S HEALTH*? SURELY THE QUESTION CROSSED YOUR mind. Bieber? On the cover of my favorite health and fitness magazine? The dude is barely 21 and, let's be honest, has been acting like a spoiled brat the past couple of years.

I had the same initial reaction when his people reached out to us last fall, and almost immediately dismissed the idea. But then I decided it was only fair to meet with them first.

His publicist, Melissa, understood her client's reputation—and my hesitation. She explained that he'd been working on his body in an effort to rebuild his image as well. "He realizes it's time to grow up, to become a man," she told me. "He's looking for a second chance."

I started following the Biebs on Instagram and saw just how much time he was spending at the gym and reading, of all things, self-help books. (He's also been reading *Men's Health*!) I spoke to the folks behind his Calvin Klein underwear campaign, and they assured me that his desire to reinvent himself was authentic.

Most of all, of course, I wondered what you, the reader, would think. Our cover guys reflect the *Men's Health* brand: positive, empowering, trustworthy, real. We should all learn something from these men—their successes and their failures.

What could Justin Bieber actually teach us?

Then I thought back to the 1,246 readers I met last year during our six-month search for the Ultimate *Men's Health* Guy, especially those we profiled in the November issue. Those men all had two things in common: (1) They weren't perfect. (2) They aspired to be better.

We're all works in progress. The key to growth is realizing it. When I was 20, I pulled quite a few of my own d-bag moves. Only difference was that TMZ wasn't there to report them. Eventually I realized I wanted to be a better man. I focused on school. Found a part-time job. Got serious about a woman. No one questioned if I deserved a second chance. We all do.

The same goes for Justin Bieber, and we're giving him one. Right here, right now, we're calling for a cease-fire. Will he actually turn his life around? Time and the paparazzi will tell. But if the first step is self-awareness, then Bieber has started down the right path.

"This has been a really big year for me, as far as figuring stuff out," he told our writer, Oliver Broudy, after an hour at the gym with him. "A year from yesterday, I was in jail."

So we know his low point. You can learn more about his upside, starting on page 116. Meanwhile, you'll find ways to reinvent yourself on every page of this issue.



Bill

Bill Phillips,  
EDITOR-IN-CHIEF  
@billphillipsMH

## WHAT HAS MADE YOU A BETTER MAN?

This month, we launch our second annual search for the Ultimate *Men's Health* Guy. The winner of the contest, sponsored by Mankind by Kenneth Cole and Isopure, will appear on *MH*'s November 2015 cover. We asked last year's winner—and our celebrity judges—what inspires them to be better every day.

"Three words: Fa-mi-ly. Being a husband and father pushes me to be my best."

**CHRIS CUOMO,**  
ANCHOR, CNN NEW DAY  
@CHRISCUOMO

"By turning bad situations into good ones, I live a positive life."

**NOAH GALLOWAY,**  
2014 ULTIMATE  
MEN'S HEALTH GUY  
@NOAH\_GALLOWAY

"Looking into my daughter's crib when she was a newborn and realizing I never want to disappoint her."

**WILLIE GEIST,**  
COHOST, TODAY  
@WILLIEGEIST

"I've been lucky enough to marry my two passions through my business: fashion and philanthropy."

**KENNETH COLE,**  
DESIGNER  
@MR\_KENNETHCOLE

Finally, we asked actress **SOFIA VERGARA** (@SOFIAVERGARA) what all men should be better at. "Listening to women, because we are always right!"

*Think you have what it takes to be this year's Ultimate Men's Health Guy? Enter the contest at [mhguysearch.com](http://mhguysearch.com).*

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## GENIUS SOLUTIONS



# Stop a Stroke Before It Strikes

A stroke could change your life—or end it—in an instant. But the damage that leads to a brain attack is often years in the making. That's why David Liebeskind, M.D., a professor of neurology at UCLA, is using MRIs and CT scans to detect narrowed arteries and other early warning signs. Even dental x-rays, which show arteries to the brain, can hold clues. "Imaging shows changes over time," he says. His Rx: Ask your dentist and doctor for copies of every imaging study you've ever had and stash them on a HIPAA-compliant site, like MyVault. That way your doc can compare your past results to now.

## 2-SECOND LIFESAVERS

### Shift Your Lift

Demand more from your deadlifts by using a staggered stance for half your sets. By putting one leg behind you, you'll be able to work your front leg and hip harder without sacrificing too much stability. This also helps you strengthen any imbalances between sides.



BJ Gaddour, C.S.C.S., CEO of StreamFIT.com; author of *Your Body Is Your Barbell* (Rodale, 2014); creator, Men's Health DeltaFIT Speed Shred

### Watch Your Tongue

When you finish brushing your teeth, stick out your tongue and look in the mirror. Changes in its color and texture can presage a variety of problems. An unusually glossy surface, for instance, could signal an iron or vitamin B<sub>12</sub> deficiency. Bring any concerns to your dentist.



Mark S. Wolff, D.D.S., Ph.D., professor and chair, department of cardiology and comprehensive care, New York University College of Dentistry

### Back Off the Energy Elixir

Careful what you wish for: In a Swiss study, men who drank an energy drink and did a mentally stressful task saw systolic and diastolic blood pressure spikes that were 6 and 3 points higher, respectively, than those of water drinkers. The jump could lead to heart problems.



Prediman Krishan Shah, M.D., professor of medicine and cardiology, Cedars-Sinai Medical Center, Los Angeles

Expert Advice from **David Liebeskind, M.D.**



### Make Joe Your Bodyguard

"The antioxidants found in coffee have multiple health benefits, and research suggests that drinking three to four cups a day may lower your stroke risk. I make a cup of Nescafé instant every morning. Then I drink two large cups of regular during the day." (For more on coffee's benefits, see page 124.)



### Strategize to Travel Light

"Business trips are extremely mentally taxing. I always pick up a bottle of water to stay hydrated and usually grab a snack like peanuts or cashews at the airport. The H<sub>2</sub>O, along with the essential fatty acids in the nuts, helps my brain stay energized. Nuts are rich in nutrients that aid bloodflow."



### Carve for Your Cardio Health

"I have a Skier's Edge machine that I use for 30 minutes a day. Aside from making me a stronger skier, it provides an intense yet low-impact form of exercise. People who do cardio regularly have higher levels of brain-derived neurotrophic factor, a chemical that plays a big role in your cognitive function."



### Change Your Scenery

"When I'm stressed, I think, 'What can I control, and what is out of my control?' One way to gain perspective is to just change your environment: Take a walk outside. If I have to work during my free time, I do it quickly and then jump back to leisure. That way I don't worry about unfinished business."

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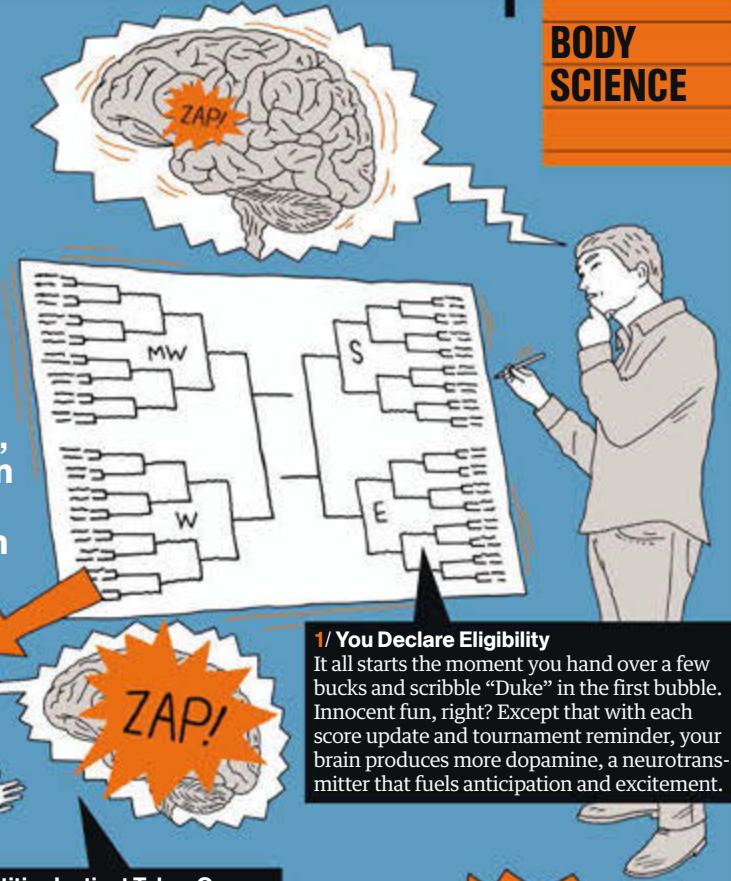
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# How March Becomes Madness

Why are you so crazy about Cinderella? Sports fandom psychologist Daniel Wann, Ph.D., of Murray State University, and Susan Krauss Whitbourne, Ph.D., a professor of brain sciences at UMass Amherst, explain your brain on brackets. —K. ALEISHA FETTERS



## 1/ You Declare Eligibility

It all starts the moment you hand over a few bucks and scribble "Duke" in the first bubble. Innocent fun, right? Except that with each score update and tournament reminder, your brain produces more dopamine, a neurotransmitter that fuels anticipation and excitement.

## 2/ Your Competitive Instinct Takes Over

It doesn't matter if you can't tell Villanova from VCU. Pride's on the line: Your desire to win overrides everything. Every bucket in your favor reinforces that you're on the right team, lighting up your brain with so much dopamine that it's glowing like a scoreboard.

## 3/ You Find Your Tribe at the Sports Bar

As you high-five new pals, the skin-to-skin contact triggers your brain to release oxytocin, a bonding hormone. Your need to be part of a team is because of the wolf-pack mentality that raises our odds of survival. We share this with lions, birds, and, well, wolves.



## 4/ You Build Momentum

Each game your teams play makes your heart beat faster, pumping more and more adrenaline and testosterone through your system. With a loss, your levels of both hormones will dip, leading to mood swings. Win and you're high on endorphins and dopamine.

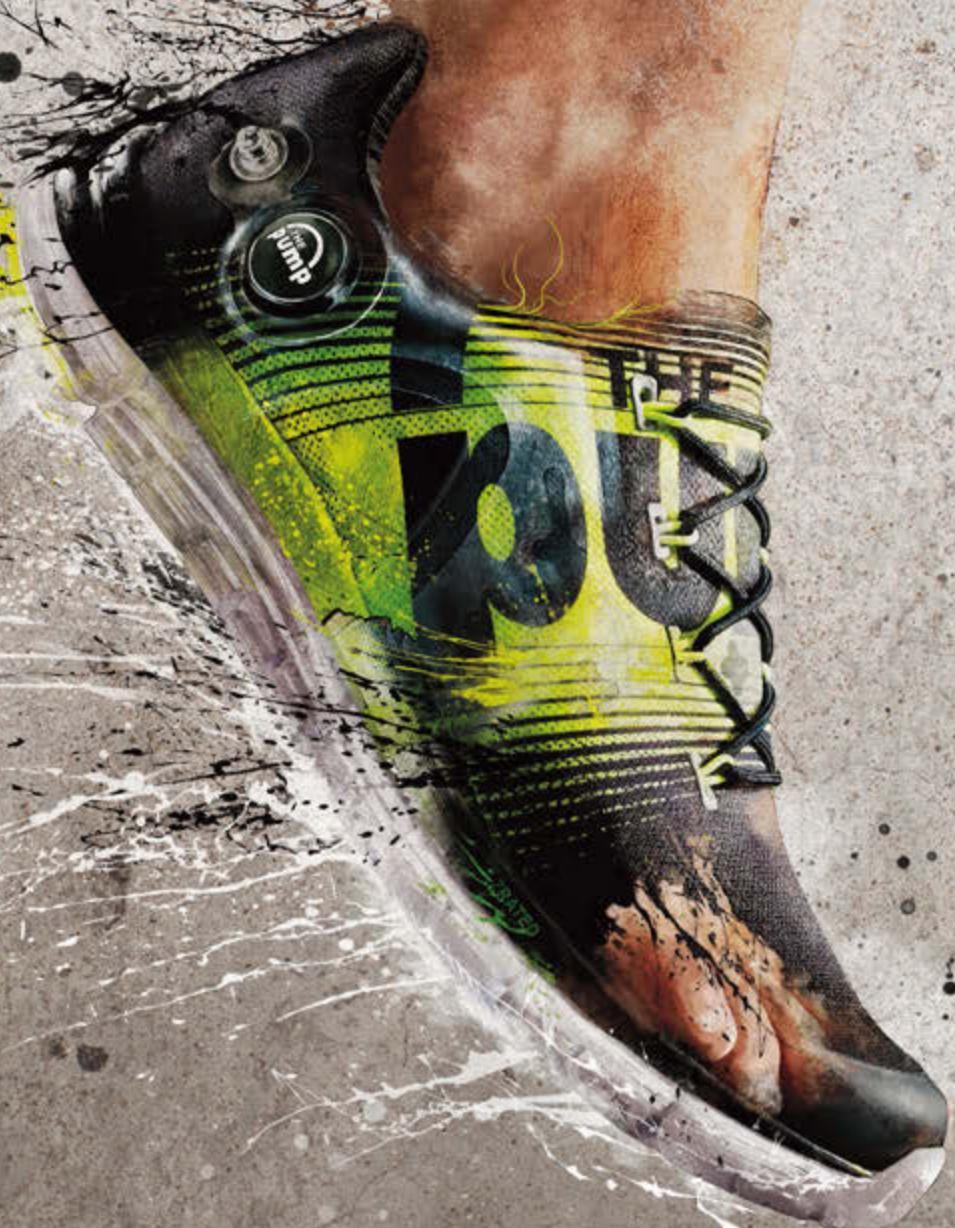
## 5/ You Announce Your Retirement

The Final Four. The psychological stakes are now so high that you'll dismiss a loss as the result of bad calls or cheating; admitting that your team blew it or wasn't up to the challenge could feel like saying you weren't good enough. And if you/they win it all? Madness!

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# Ask MH™

LIFE'S QUESTIONS, ANSWERED

## Should I buy a fitness tracker for my dog?

FRANK, HOUSTON, TX

Woof! (That means go for it.) It'll help you figure out if Fido is fit, something that's hard to do just by looking. According to the Association for Pet Obesity Prevention, 93 percent of people who own obese dogs think their pet's weight is normal. By syncing a tracker to your smartphone, you'll learn how much activity your pooch gets while you're at work, says Barry Kellogg, V.M.D., of the Humane Society Veterinary Medical Association. And trackers that monitor vital signs may help you spot medical conditions like heart disease, adds Michigan vet Tim Hunt, D.V.M. His pick: the Voyce, a device that logs your hound's heart and respiratory rates and activity levels (\$299 plus a \$10 monthly fee, [mydogsvoyce.com](http://mydogsvoyce.com)).



### Are there any benefits to buying boxed wine over bottled?

CHRISTOPHER, CORNING, NY

There are, and even wine snobs are starting to notice. First, the stuff tastes pretty good. Years ago, the wine was probably fine when it went into the box but tasted terrible when you poured it into a glass. That's because the plastic inner bags were porous, unlike those used today. This caused the wine to oxidize and lose its freshness and flavor quickly, says Anna Katharine Mansfield, Ph.D., an associate professor of enology at Cornell University. There are other reasons to choose wine cubed. For one thing, it stays fresh for up to four weeks after being opened, while the flavor of bottled vinos can start to degrade shortly after they're

uncorked. "You aren't getting air into the bagged wine as you pour a glass, so it will stay fresher longer," says Mansfield. Buying boxed benefits the planet too. "Bagged wines are lighter to ship than glass bottles and therefore have less impact on the environment," says Doug Frost, a Master Sommelier and Master of Wine based in Kansas City. And like glass, both the cardboard box and its plastic innards can be easily recycled. Frost suggests trying offerings like Black Box, Bota Box, and Big House, all of which cost \$25 or less for 3 liters—that's the equivalent of just \$6.25 a bottle. Once you've opened the wine, stow the box in the fridge to maintain freshness, says Mansfield. Since the interior bag acts as an insulator, boxed wines tend to be more sensitive to heat than bottled.

### My allergies are awful this time of year. Should I take the new Oralair?

PATRICK, RICHMOND, VA

That depends on which allergens keep screwing up your spring. Grass man? You're in luck. Oralair tablets work along the same lines as allergy shots: You take microdoses of the offending allergen—in this case, five different grass pollens—over time in order to desensitize your immune system. The difference is that this Rx doesn't require weekly or monthly trips to the doctor to get pricked, says Dan Brooks, M.D., an allergist with the Asthma & Allergy Center in Bellevue, Nebraska. And while OTC meds may bring quick relief, they work only as long as you keep taking them, unlike immunotherapy tablets. In a 2013 study published in

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## ► AM I NORMAL?

**It always makes me laugh when I see someone trip and fall.**

TONY, POUGHKEEPSIE, NY

We hope you're laughing at the absurdity of the person's fall—not the hard landing. While guffawing at someone who slips and falls may be in poor taste, it's actually a real-life variation of watching a circus clown act. "We often laugh at unexpected antics," explains psychologist Robert Provine, Ph.D., the author of *Curious Behavior: Yawning, Laughing, Hiccupping, and Beyond*. Chuckling could also be an involuntary way to express relief or satisfaction that it wasn't you who took the tumble, adds Jyotsna Vaid, Ph.D., a professor of psychology at Texas A&M. What's not normal? Laughing because you find humor in another person's suffering. That could hurt you socially as well as professionally, says Provine. So watch your step. While there are no official studies documenting this, karma's a bitch.

• NORMAL   • WEIRD

the journal *Clinical & Experimental Allergy*, participants took Oralair for three years—four months prior to and throughout each grass pollen season. Not only did these allergy sufferers experience relief during that time, but even after they stopped taking the tablets, their overall symptoms (sneezing, runny nose, itchy eyes, nasal congestion) were 21 percent less severe than the placebo group's. If you're not sure what's causing your seasonal sneezing, then have yourself tested by a doctor who's board certified in allergy and immunology. Go to acaai.org and click on "Find an Allergist."

**My mother had breast cancer when she was in her 40s. I know it's rare in men, but should I be worried?**

THOMAS, GREENVILLE, SC

Our money's on you in this chest match with the Reaper. First, a little background: In some cases, breast cancer is triggered by a mutated version of the BRCA1 or BRCA2 gene, which can be inherited by both sons and daughters, says Stephanie Akbari, M.D., medical director of the Reinsch Pierce Family Center for Breast Health at Virginia Hospital Center. If your mom has one of the mutations, there's a 50 percent chance she passed it on to you. Fortunately, the BRCA1 and BRCA2 genes boost a man's already low risk of breast cancer to only 1.2 percent and 6.8 percent, respectively, a study in *Journal of the National Cancer Institute* reports. But there is a catch: A BRCA mutation also raises your odds of developing prostate cancer, says Mary

Daly, M.D., Ph.D., chair of clinical genetics at Fox Chase Cancer Center in Philadelphia. To hedge your bets, Dr. Daly suggests meeting with a genetic counselor who can determine whether your family history warrants a DNA test. (Find a counselor at nscc.org.) In the meantime, stay lean to reduce the threat of prostate cancer and male breast cancer. Studies show that obesity may be a risk factor for both diseases.

**How do I know when it's time to replace my insoles?**

BRENDAN, NEW CASTLE, DE

You need to do some insole searching: Have they stopped feeling supportive? Or do you see signs of wear and tear, like cracks in the shell or top cover? Then toss 'em. Wearing worn-out insoles can cause heel, foot, and back pain as well as long-term tissue damage, says Jeffrey Whitaker, D.P.M., chair of podiatric surgery at Kent State University. If applying this standard causes you to suddenly start burning through footbeds in weeks instead of months, you may be buying insoles made of the wrong stuff. Opt for corrective and supportive materials such as thermoplastic instead of gel, which tends to lose its cushioning more quickly, says Andrew Shapiro, D.P.M., a podiatrist based on Long Island. Now if you want to step up to maximum comfort and durability, consider custom orthotics. The biggest problem with store-bought insoles is that they're made for the

average person, says Dr. Shapiro. "But no person has an average foot." Prescription insoles are custom crafted specifically to your feet and can last as long as three years. (That may make forking over \$200 to \$400 worthwhile; they're not always covered by insurance.)

**What's the quickest way to relieve a muscle cramp during a workout?**

JEFFREY, WEST CHESTER, PA

Whoa there, big fella. That charley horse means you've been riding yourself too hard: Overdoing it at the gym has caused the tiny nerves in your tendons and muscles to misfire, resulting in a cramp. "Our muscles give us feedback that tells us to slow down or stop when the activity is just too much," explains Hans Katzberg, M.D., an assistant professor of neurology at the University of Toronto. So drop the dumbbells and follow your first instinct to work through the pain: Gently stretch the muscle away from the direction it's contracting, Dr. Katzberg says. Once the aches subside, massage the muscle with a foam roller in order to promote bloodflow to the area. "This will prevent stiffness and keep the muscle relaxed and loose," says Dr. Katzberg. You should also rehydrate—preferably with pickle juice. Just one 2½-ounce serving of dill deliciousness contains enough acetic acid to relieve cramps in a little over a minute, according to researchers at Brigham Young University. Outside the gym,

**My girlfriend says foam shaving cream is horrible for my skin. But I like the foam! Is it really that bad?**

JOHN, MANCHESTER, NH

Look in the mirror: If your mug's messed up from razor burn, take the hint. Foam shaving cream can be rough on your face, especially if you have dry or sensitive skin, says Thomas Rohrer, M.D., an adjunct associate professor of dermatology at Brown University. Since foam's airy texture doesn't create a thick buffer between your skin and the blade, it can make you prone to nicks and cuts. And most brands contain alcohol, which causes that nice tingle. But that sensation is actually your skin drying out, says Dr. Rohrer. For a more moisturizing shave, stick to gels or creams that include the lubricating compound glycerin, says Dr. Rohrer. Try Jack Black's Beard Lube Conditioning Shave (\$17, [getjackblack.com](http://getjackblack.com)) or The Art of Shaving's Lavender Shaving Cream (\$16, [theartofshaving.com](http://theartofshaving.com)). And in case you skipped Shaving 101, remember that where you groom can also save face, says Long Island dermatologist Marc Glashofer, M.D. Shaving in the shower opens up your pores and softens hairs, making for a faster and smoother trim.





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## ► YOUR BODY, DISSECTED

by T.E. Holt, M.D.



### Why are paper cuts so painful?

MIKE, BURLINGTON, VT

The nerve endings in your skin's outermost layer are wired to be supersensitive to a lot of things, including touch, temperature, texture...and pain. That's why even the tiniest slice through the skin can make you wince. By contrast, the nerves that tend to generate more of a dull ache are buried deeper down, which is why you don't feel the same sting from worse gashes.

What's less clear, however, is why the pain from these seemingly puny wounds tends to linger. It could have to do with the fact that paper cuts don't bleed much, if at all. While that makes for less mess, blood can help dilute the chemicals your body releases when you're injured, easing the ache. That may explain why sluicing the slit with water or even sucking on it offers quick (albeit temporary) relief.

try to increase your intake of bananas, salmon, and chicken, says Dr. Katzberg. All are loaded with vitamin B6, which helps improve nerve function.

### A briefcase is too formal for my office, and everyone seems to have a messenger bag. How can I pull off a backpack?

JAMES, NEWARK, NJ

Rule 1: No carabiners. You're traversing Grand Central, not Grand Teton, so keep your pack simple and efficient, advises *Men's Health* executive fashion director Brian Boyé. In other words, steer clear of bright colors, prints, and patterns. And skip the nylon material or anything that has extra straps or buckles. Instead, go with a leather or canvas shell, which provides a more polished yet still no-fuss facade, Boyé says. And limit yourself to one or two exterior pockets (no water bottle holders!). Herschel Supply's Heritage backpack is an inexpensive option that fits all these requirements. It's made of heavy-duty cotton canvas, and the air mesh straps are designed for comfort and ventilation (\$55, [herschelsupply.com](http://herschelsupply.com)). Looking for leather? If you can swing the cost, treat yourself to the Tumi Bryant backpack (\$595, [tumi.com](http://tumi.com)). It comes with additional perks, such as free monogramming—not to mention the title of office style setter.

### What's the ideal temperature setting on my water heater for saving some money?

CHRIS, ST. CLOUD, MN

Feeling the heat from your utility bill? You're not alone. Forty-one percent of homeowners keep their water heater thermostats set too high, according to researchers at Johns Hopkins. As a result, they not only fork over extra money each month but also risk a scalding. Save some dough (and your skin) by dialing the temperature down to 120°. For every 10-degree reduction, you'll lower your bill \$12 to \$30 a year, the Department of Energy reports. But don't push it: Dropping the temperature any further could invite the growth of *Legionella* bacteria, which causes Legionnaires' disease. This bug can thrive in tanks left semi-simmering at 100° to 110°, warns Janet E. Stout, Ph.D., director of the Pittsburgh-based Special Pathogens Laboratory. The odds of contracting Legionnaires' disease are low for most folks if the tank's temp is 120°, but people with autoimmune conditions may still be at risk. If that sounds like anyone in your household, keep the water heater at a bug-annihilating 130°.

### How many long runs should I do before a marathon?

ANTHONY, TUCSON, AZ

One less than too many. "The key is to get to the starting line fresh," says Mark Conover, director of the cross-country and track-and-field programs at Cal Poly. "You don't want to arrive at the marathon as damaged goods." If you're a first-timer, start training at least six months before the big day. Aim for a total of 10 to 12 long runs that each take about an hour and a half or longer. Space them out every other week, tacking on 2 miles each time until you're up to 22. That's the longest distance you'll want to hit during your training, says Conover. The exception: If race day is three weeks away and you're still feeling less than confident, it's okay to go the full 26.2, says former Olympian Jeff Galloway. Just be sure to walk and run the course in ultra-turtle mode. That means going at least 2 minutes per mile slower than your usual pace, says Galloway. Liberal walking breaks will save your legs from a beating and could prevent a physical meltdown on marathon day.



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## GUY LIST

### BASEBALL IS LIFE, AND VICE VERSA

Get some sun. Mondays are easier if you spent the weekend in shorts.

#### First, make the team.

Always be prepared. Ten minutes of warming up beats five weeks with a pulled groin.

It's a long season, and you will be tested. So map out a plan.

Set an example—for yourself and your team.

#### Show up early; you're an essential guy.

Welcome a rookie's challenge. It makes you and the team better.

...and coach him up. Mentoring is another great tradition.

Then let the kid do all the grunt work.

#### When all else is equal, jerks get cut.

Bust it from day one; coaches and scouts are always watching.

#### It's a beautiful day. Quit your yelling.

Find a quiet corner and bury any simmering resentments now.

Practice calling "I got it" until it's automatic.

#### See your teammates in three dimensions.

Respect your competition. Everybody here was all-state.

#### Don't dwell on your screws.

Get roughed up. Work on your weaknesses and become the five-tool guy Skip needs.

#### Tap all that expertise surrounding you.

Ride the bus. See, that ain't so bad.

### SHOW YOUR UTILITY

"After 10 years in the minors, I realized my speed and versatility could put me on a major-league bench. There's a big difference between being a holler away and a phone call away."

Rex Hudler, former MLB player and current Kansas City Royals television analyst

### BE THE MAIN MAN

"Pitching is the most important job, the most delicate job, and the one that requires the most patience. That's why pitchers and catchers report first."

Dennis Eckersley, Hall of Fame relief pitcher

### PLAY NICE!

"I wanted talent, but I was also looking to assemble a kind of family. One bad attitude would ruin it. Give me the guy who plays the game to the fullest, day in and day out. That's the guy I want."

Tommy Lasorda, Hall of Fame manager

### ENCOURAGE CHATTER

"Managers can play the heavy. As a coach, you want players to confide in you. If you always come down hard, they won't let you be a sounding board."

Alan Trammell, former player, coach, and manager, now a Tigers special assistant

### KICK BACK TOGETHER

"We'd go to dinner, do March Madness, play golf. You get to know guys on a different level when you hang out together outside the ballpark. When you're watching them from the bench, you cheer a little differently. You care about them as friends, not just as teammates."

Al Leiter, former all-star pitcher, MLB Network and YES network analyst

### KEEP TAKING YOUR RIPS

"As a manager, I focused on correcting mistakes quickly and staying positive. It's a game of failure, and if you dwell on it, you're probably going to repeat it."

Bob Brenly, former player, coach, and manager, now a television analyst

### EXPLOIT ALL RESOURCES

"The coaches' job is to make you better. But you have to ask. They can't read minds. It's an open-door policy, but you have to go in."

Jay Buhner, retired all-star, Gold Glover, and former Seattle Mariners special instructor

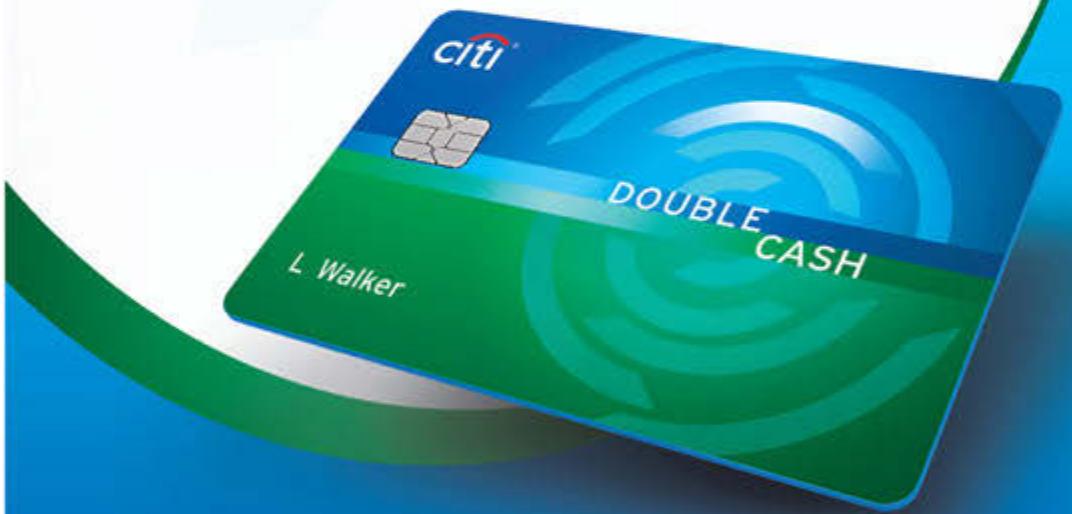
# Spring Training for Your Career

A ballplayer has a month in the sunshine to impress his boss. Steal these tips from a roster of longtime baseball veterans and become an all-star on the job.

BY STEVE CALECHMAN

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APRIL 2015

BAD BREATHS

## SUCK LESS AT THE GYM

Breathing in some dude's BO is bad enough, but new evidence from Portugal shows that **your gym may be swarming with sickening air pollutants**. Researchers found that 82 percent of the fitness centers tested had elevated levels of volatile organic compounds, including formaldehyde. VOCs can cause upper respiratory irritation and cancer. The combination of an enclosed space and heavy breathing means there's less clean air available to dilute indoor pollutants, says study author Carla Ramos. So take a sniff: Unless you detect a stale or chemical smell, your gym is probably fine. Still worried? Don't go during group classes or when the cleaning crew is at work; that's when the air quality is at its worst, says Ramos. Bonus: For a breathing secret that will boost your workout, go to page 144.

THE LUNG HAUL  
Crack open a window so you aren't running on fumes.

## OUTSMART PARKINSON'S

What you call kicking back we call an invitation to illness. **Active guys have a lower risk of Parkinson's disease**, a degenerative condition that affects 50 percent more men than women. Scientists in Sweden found that men who exercise, do household chores, and walk or bike to work are about 45 percent less likely to develop Parkinson's than guys who admit to being sloths. The disease is linked to the loss of neurons that produce dopamine, a neurotransmitter that becomes more efficient with exercise, says study author Fei Yang, M.D., Ph.D.(c). Your weekly goal: at least six hours of physical activity, the minimum shown to be protective against Parkinson's.



## THE DANGERS OF PHONE TAPS

We know you don't text and drive. But do you text and slump? **Using a smartphone can be murder on your back**, according to researchers at New York Spine Surgery & Rehabilitation Medicine. Looking down at a phone can add as much as 60 pounds of pressure on your spine, their study found. Over time, that could cause your back and neck muscles to deteriorate, possibly to the point of needing surgery, warns study author Kenneth Hansraj, M.D. To take the load off while tapping, keep your head up, scoot your butt forward, and support your elbows with the seat's armrests.



Portion of U.S. men with hypertension who don't even know they have it  
Source: CDC

## Bulletins/Health

## Improve Your Hearth Health

Go into the woods to relieve yourself: **Sitting around a campfire may lower your blood pressure**. In a University of Alabama study, people who stared at and listened to a fire for 15 minutes saw their systolic and diastolic BP levels dip by 1.3 and 1.9 points, respectively, compared with those who didn't embrace the flames. Study author Christopher Lynn, Ph.D., credits the comforting vibe and the fire's light spectrum, which can cause a trancelike state. Virtual flames work too, says Lynn. Try FirePlace (\$1, iOS) or Fire Place HD (free, Android).



DON'T TOUCH THAT!



**Hand Sanitizer** / Every time you touch a cash register receipt, you risk absorbing bisphenol A (BPA) through your skin. Now University of Missouri scientists say using hand sanitizer may *increase* the danger. When people used sanitizer, handled a receipt, and then ate fries, their BPA levels were 42 times higher after 90 minutes—possibly high enough to boost heart disease risk. If you do take a receipt, just wash with soap and water.



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AN INTERVIEW WITH NOAH

# 2015: THE YEAR OF THE ULTIMATE MAN

**K**enneth Cole recognizes the evolution of the modern man with the release of MANKIND ULTIMATE. This limited-edition fragrance celebrates everyday heroes who are defined by their strength. For Noah Galloway, that strength comes from a will to achieve, a desire to compete and a love of commitment. After all, the ultimate strength comes from within.

Does this sound like you? MANKIND by Kenneth Cole is joining Men's Health on the search for 2015's Ultimate Men's Health Guy.

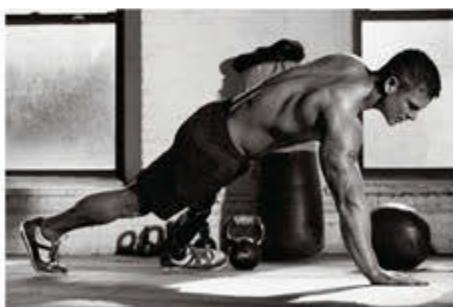
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MANKIND  
ULTIMATE  
—KENNETH COLE



**NOAH  
GALLOWAY** | 2014 Ultimate  
Men's Health Guy

In November 2014, Noah Galloway completed his personal transformation from a grievously wounded Iraq war veteran to the Ultimate Men's Health Guy. This year he extends that achievement, serving as the face of the new Kenneth Cole MANKIND ULTIMATE fragrance, which hits stores this month. We asked Galloway about his life milestones, and how he can help the rest of us achieve ours.

**Q.** You're the 2014 Ultimate Men's Health Guy and the face of a new fragrance. What does it mean to you?

**A.** It's validation of all my hard work. I've suffered some tough things in life. I didn't know if I could come back after losing two limbs, which is why I plunged into a serious depression. But one day I woke up, and chose to focus not on what I'd lost, but all I had left. That turning point led to the great things that are happening to me right now. If I didn't suffer that pain, I never could have enjoyed the gains that followed it.

**Q.** What is your personal mantra and how does it motivate you?

**A.** No Excuses. Injured or not, I've proven to others and myself that, through training and competition and attention to detail, you can overcome anything.

**Q.** What is the primary source of motivation for your achievements and your success?

**A.** I live for my kids. They give me purpose for my personal future, and hope for theirs. But I never would have found the strength to be there for them had I not found my personal strength in the gym and in competitions. Striving for physical excellence was great for me, and it also sets a good example for my kids. Children learn from what we do, not from what we say. Win or lose, we can learn from obstacles we face in life.

**Q.** What advice do you have for your successor?

**A.** I'm not perfect. No guy is. So I hope the next Ultimate Men's Health Guy embraces the same mission I have: to show that you can fight against anything that's holding you back, become a better man, and inspire others. That's what Men's Health is all about.



BE THE EVOLUTION

*-KENNETH COLE*



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## YOUR SOFT SIDE MAY BE MAKING YOU FAT

You're a supportive guy, sure, but **your empathy may mean you're taking on too much emotional baggage**. In a German study, 40 percent of people who saw their partners in trying situations experienced a spike in cortisol, a stress hormone. This "empathetic stress" triggers a fight-or-flight response, and the resulting deluge of cortisol can raise your risk of heart disease, insomnia, and weight gain. A healthier play: Provide positive support without feeling angry or upset on her behalf.

## How Gnawing Worry Shortens Your Life

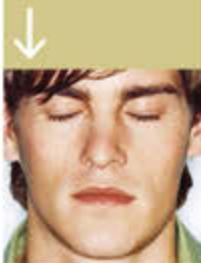
Keep calm and carry on for a longer life: **Chronic stress can raise your odds of having a stroke in the next decade**, according to new research from the University of Minnesota. For every single-point increase in test scores measuring stress levels, study participants' risk of stroke jumped 19 percent. The authors speculate that the body's reaction to chronic stress may send inflammatory responses into overdrive, possibly impeding bloodflow to the brain. Check out Jedi Mind Trick (right) for some useful chill-out strategies.



## TAME THE E-MAIL BEAST

Don't be a "dingbat"! **Constantly checking your inbox could make you a basket case**. In a Canadian study, people reported feeling less stress when they looked at their work e-mail only about five times a day rather than having free rein all day long. Set times to manage your inbox—say, 10 minutes at the top of each hour—and switch off your notifications the rest of the day. And keep your work and personal e-mail separate. Combining the two can lead to multitasking, which is also linked to high stress levels, says study author Kostadin Kushlev, Ph.D.(c).

### JEDI MIND TRICK



**Banish Stress in 60 Seconds** Set a timer for a minute, close your eyes, and focus on breathing deeply and on observing your thoughts, says Michael Irwin, M.D., a professor of psychiatry at UCLA.

**In 15 Minutes** Stretch while seated: Lean forward, back, and to each side, and stretch your arms above your head. Hold each pose for six slow breaths, and then sit and breathe deeply with your eyes closed.

**In 30 Minutes** Hit the gym. Just 30 minutes of exercise can reduce anxiety, and it may even help you handle future stressors.

37%

Increase in a man's risk of dying in the next 18 years if he's highly stressed  
Source: *Journal of Aging Research*



## Nuts.

### 49 PISTACHIOS

- 160 calories
- 6 grams protein
- 3 grams fiber



## Crazy.

### 15 POTATO CHIPS

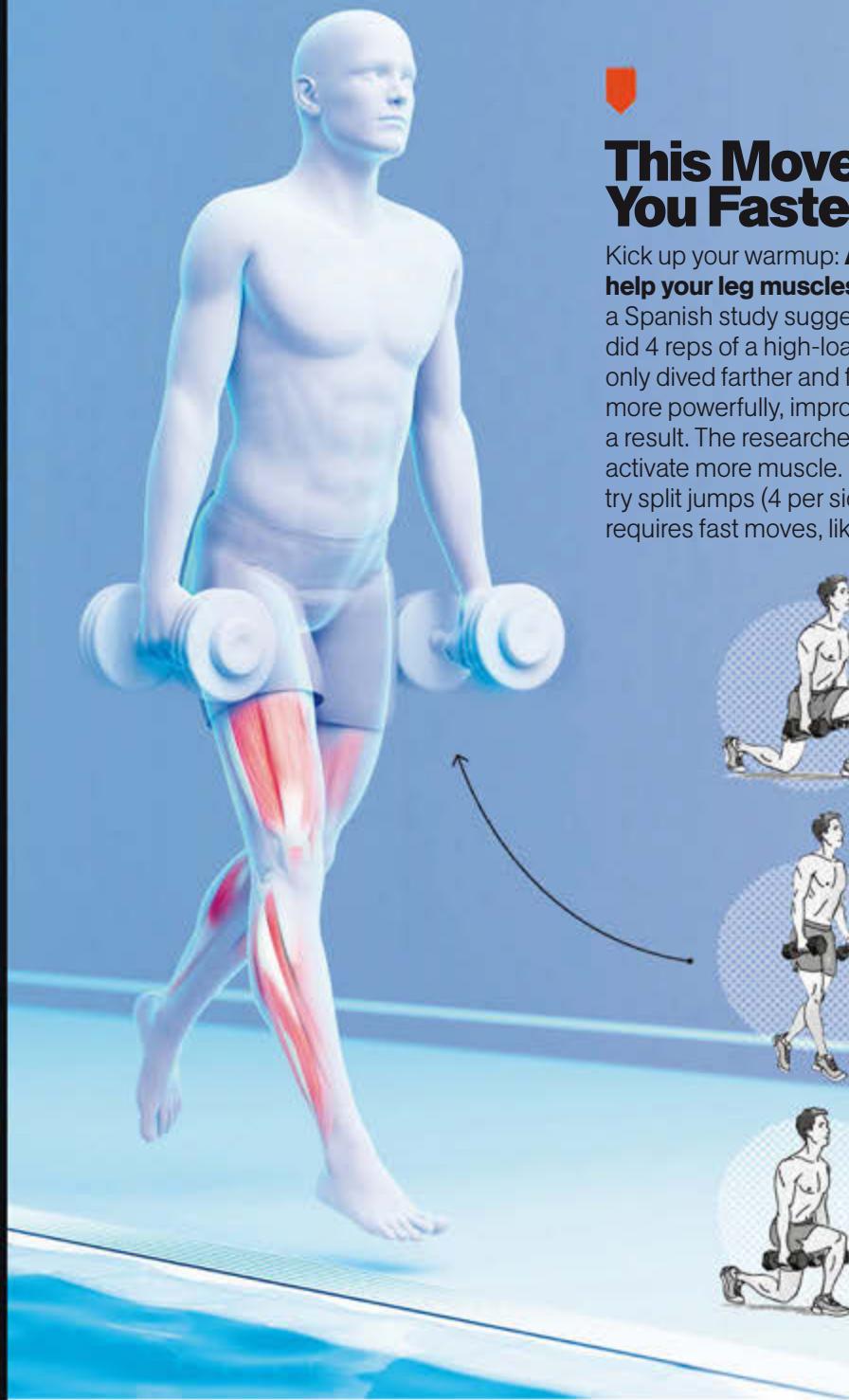
- 160 calories
- 2 grams protein
- 1 grams fiber

Wrap your noggin around this: a heaping helping of pistachios has the same calories as a handful of potato chips. Pistachios are naturally cholesterol and trans fat free, a good source of protein and fiber, and heart friendly. A recent Harvard study also suggests that eating nuts seven times a week or more is as healthy as it is smart. Which makes pistachios the sane choice when it comes to snacks.

Scientific evidence suggests but does not prove that eating 1.5 ounces per day of most nuts, such as pistachios, as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. See nutrition information for fat content. ©2015 Paramount Farms International LLC. All Rights Reserved. WONDERFUL, GET CRACKIN', the Package Design and accompanying logos are registered trademarks of Paramount Farms International LLC. WP12335



Get Crackin'



## This Move Makes You Faster

Kick up your warmup: **A quick squat drill can help your leg muscles fire more explosively**, a Spanish study suggests. After swimmers did 4 reps of a high-load squat exercise, they not only swam farther and faster but also kicked more powerfully, improving their 15-meter time as a result. The researchers think the move helped activate more muscle. For the same effect, try split jumps (4 per side) before any activity that requires fast moves, like basketball or intervals.



**Step 1**  
Grab dumbbells. From a staggered stance, lower into a split squat.



**Step 2**  
Jump and scissor-kick your legs so you land with your other leg forward.



**Step 3**  
Once your base is stable, repeat Step 2, alternating back and forth with each rep.

### GO TO THE MAT FOR YOUR HEART

Want to be the picture of health? Hold that pose. **Yoga may protect you from heart disease as much as running does**, say Harvard researchers. They found that people who did yoga had a similar reduction in

heart disease risk as joggers and cyclists. (Not working out raised the risk.) The reason yoga works isn't clear, but it may have to do with the combination of strength-building exercise and stress-reducing relaxation, says lead study author Myriam Hunink, Ph.D. To guard your heart, do three 60-minute yoga sessions a week.



#### THE FITNESS FIX

##### HEEL PAIN

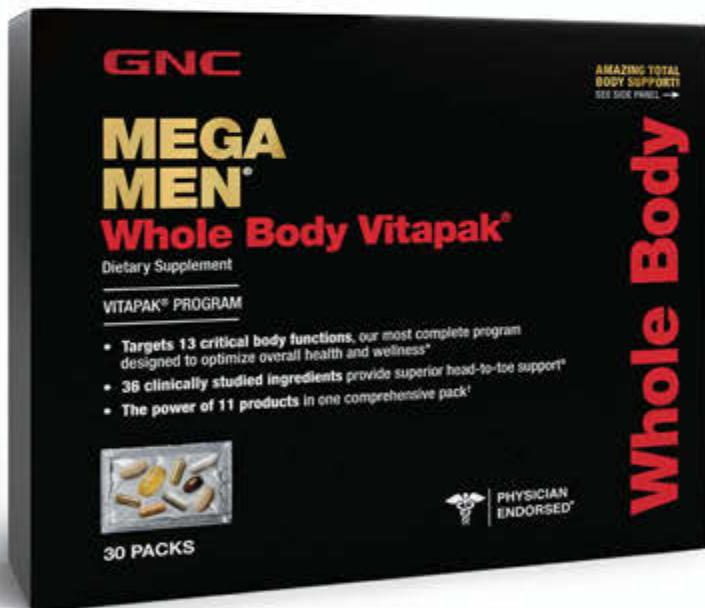
If you feel sharp pain in your heel, you may have plantar fasciitis, an overuse injury common among runners, says Michael Skovdal Rathleff, Ph.D., of Denmark's Aalborg University. In Rathleff's new study, people who performed slow, weighted heel raises felt more relief in three months than those who only stretched. The exercise may increase collagen production and your Achilles tendon's ability to handle load, he says.

69%

Proportion of running injuries that heal on their own within 10 days  
Source: Scandinavian Journal of Medicine & Science in Sports

**The Fix** Do calf raises with flexion. Stand on a padded step or low box. Balance on the balls of your feet, both heels off the step. Now take three seconds to rise up on your toes as high as you can. Pause. Slowly lower your heels as low as you can. Pause. That's 1 rep. Do 8 to 12 every other day. Once you can do 12, try it with a weighted backpack.

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LIVE WELL

\*11 products in 1 is calculated based on the count of standalone products the customer would need to purchase to obtain the ingredients and blends provided in GNC Mega Men® Whole Body Vitapak® Program. <sup>^</sup>In a randomized, double-blind, placebo-controlled study of 112 healthy volunteers, subjects taking the GNC vitamin and mineral blend in this product for six weeks experienced statistically significant improvements in markers of B vitamin and antioxidant status, as well as improvements in SF-36 Vitality and Mental Health scores compared to those taking a placebo. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit GNC.com for the store nearest you. ©2015 General Nutrition Corporation. May not be available outside the U.S.



## A NEW SPIN ON CARDIO

You don't need a bike to build peloton-leading lung power.

**Body-weight workouts can boost your cardio capacity**, say researchers from the University of Georgia. They found that the burpee—a move that alternates between standing and pushup positions—taxed people's lungs just as much as bike sprints did. Reap the same benefit: Do 30 seconds of burpees as fast as you can, and then rest for 60 seconds. That's 1 round. Do up to 10.

## TEST OF STRENGTH



**The Challenge** Using your left leg, do as many body-weight stepups as you can in 1 minute. Rest 3 minutes. Repeat with your right leg. (Go to MensHealth.com/stepup for instructions.)

**What It Evaluates** Muscular endurance. This test causes a rapid buildup of lactic acid in the legs, according to scientists at California Baptist University.

"The ability to withstand that indicates a high level of fitness," says lead study author Brian Nguyen, M.S.

**Passing Score** At least 55 reps per leg.

Beth Bischoff (stepup)

## Build Biceps That Pop

Getting pumped might have benefits beyond vanity. **The "pump"—muscle swelling caused by increased bloodflow—may help you build more mass**, according to a recent *Strength and Conditioning Journal* review. "Your cells adapt to the extra pressure by reinforcing their structure," says coauthor Brad Schoenfeld, Ph.D., C.S.C.S. Feel the pump—and see it—by doing high reps of isolation moves, like the biceps curl and the chest fly.

**CONCRETE GAINS**



## MUSCLE A LONG BALL

Even without steroids, today's pro ballplayers are heavier hitters than those of 30 years ago—28 pounds heavier, the *Journal of Strength and Conditioning Research* reports. That extra muscle mass doesn't translate into greater skill, but it does amplify hitting

power, says Tony Gentilcore, C.S.C.S., who trains many top MLB athletes. The result: Current offensive leaders rack up bigger numbers than their Reagan-era counterparts (see below). "To quickly pack on lean mass, I have new recruits do squats and deadlifts," says Gentilcore. He suggests you do the same. "You'll become stronger in everything you do."



100%

Increase in the effectiveness of 20 minutes of daily weight training at reducing men's waist size, compared with an equal amount of cardio  
Source: *Obesity*



## 2 DISTANCES:

- > NEW SPRINT (3-5 MILES)
- > CLASSIC (10-12 MILES)

# ARE YOU IN?

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## FOOD COURT



**The Accused** Propylene glycol, a chemical used in antifreeze and coolants. It also pops up in such products as cinnamon whiskey and salad dressing.

**The Charge** Internet bloggers claim that the chemical can cause allergic reactions as well as kidney damage.

**The Verdict** Innocent. The propylene glycol found in certain food products isn't the same kind you put in your car. Plus, the chemical is used in such small amounts that you can eat these foods without ill effects, the FDA says.



### EXPLORE THE MILKY WAY

Pour another glass to save your ass. New research from Harvard reveals that **adding calcium from dairy to your diet may help prevent colorectal cancer**. In the study, an extra 600 milligrams of calcium (about 2 cups of milk) above the USDA's recommended 1,000 mg a day cut the risk of the disease by about 16 percent. According to researcher NaNa Keum, Ph.D.(c), calcium may block cancer-promoting changes in genes and cells.

**64%**

Proportion of men who pay little or no attention to the nutrition information in restaurants  
Source: Gallup

## Bulletins/Nutrition

### NOW YOU'RE COOKING!

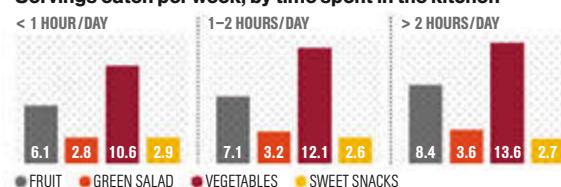
Stay in to stay healthy. A study in the *American Journal of Preventive Medicine* found that the more time men spend cooking, the better they eat—more fruits, salads, and vegetables. Need recipe ideas? We got 'em: Go to MensHealth.com/guy-gourmet.



### The Thinking Man's Cap

Order up some 'shroom service. **Vitamin D may help you ward off dementia**, a study in the journal *Neurology* suggests. Older adults who were moderately D-deficient had a 53 percent higher risk of developing dementia later in life. The nutrient might help combat amyloid plaques, the brain abnormalities linked to cognitive decline. Start a good habit now and aim to eat 600 IU of D a day—mackerel and tuna are also great sources. Or you can pop a supplement.

#### Servings eaten per week, by time spent in the kitchen

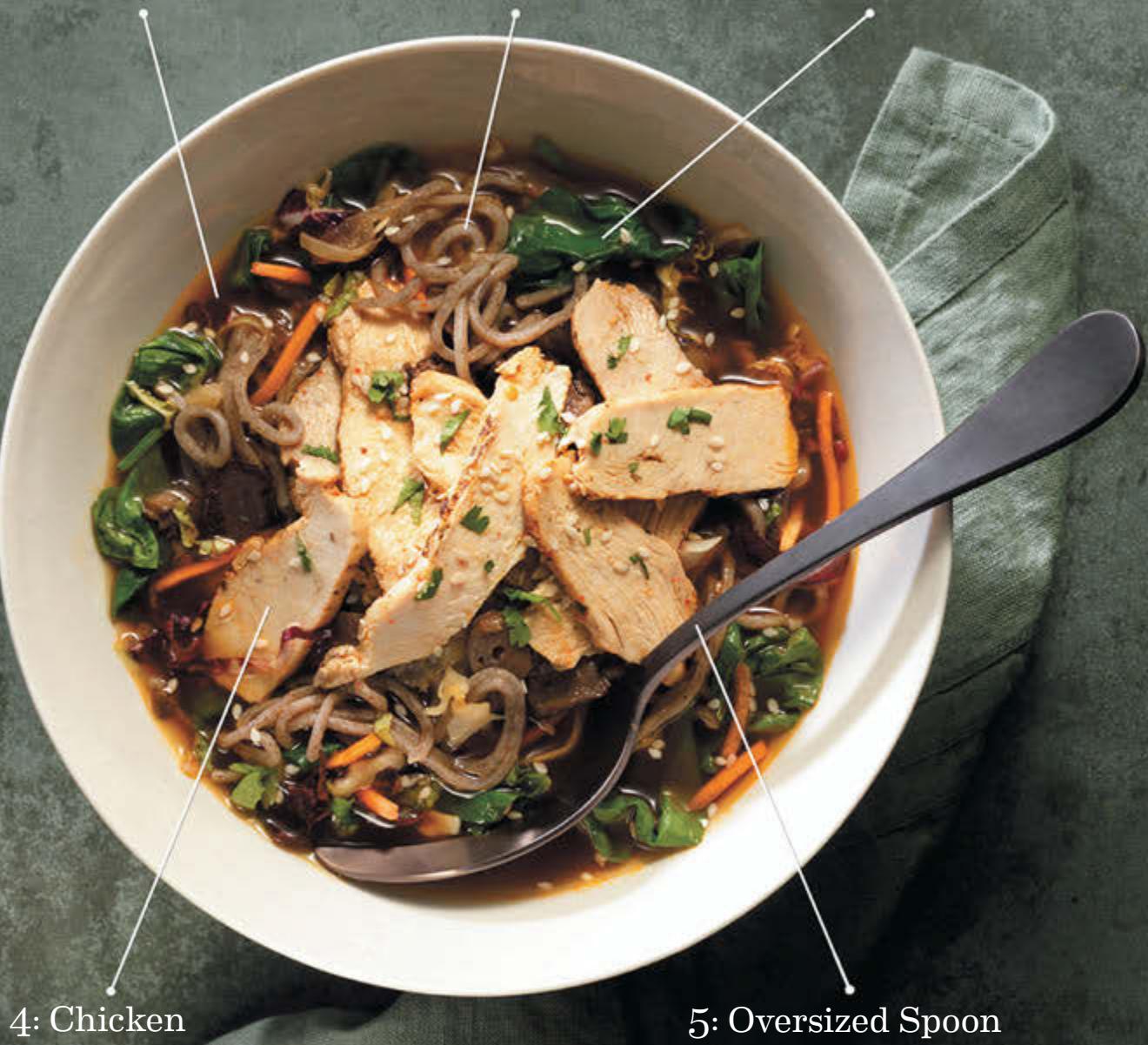


*fig 1: Soba Noodle Bowl with Chicken*  
An exotic blend of ingredients  
just waiting to be explored.

1: Soy-Miso Broth

2: Soba Noodles

3: Spinach



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**DATA BOMB**

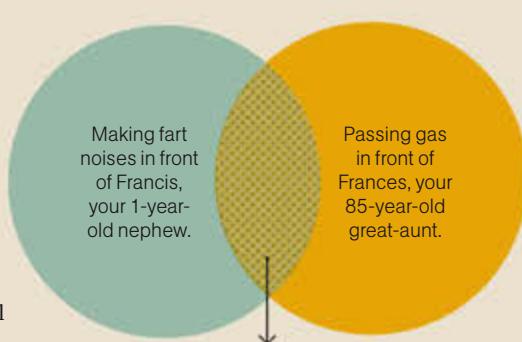
## Make Your Friends Piss Their Pants

It's funny how seriously some researchers study comedy. Peter McGraw, Ph.D., a quantitative psychologist, runs the Humor Research Lab (code name: HuRL) at the University of Colorado at Boulder. He and I also coauthored *The Humor Code*, a book that proffers a universal theory of guffaws: Good jokes find the sweet spot between too tame and too gross or creepy. This is the "benign violation" zone. (Seriously, that's what it's called.) Here's how to benignly violate your friends. —JOEL WARNER

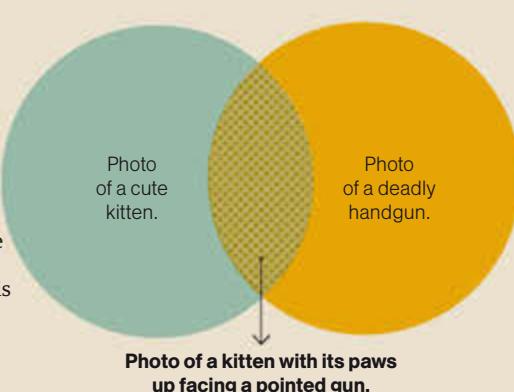
# Uncommon Knowledge

**THE INSIDER'S GUIDE TO EVERYTHING**
● YAWN (strictly benign)
● LAUGH (benign violation)
● GROAN (malign violation)
**BODILY FUNCTION**

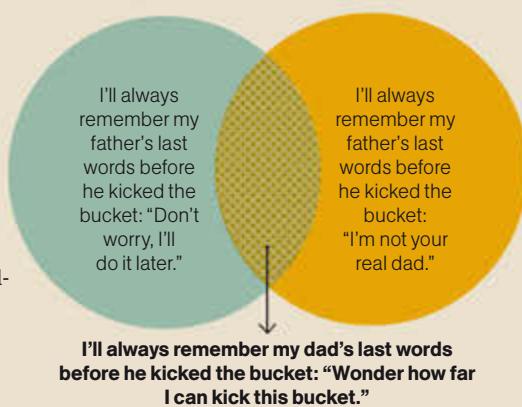
*Professor McGraw says:* This brand of humor is juvenile, so it really only works well with kids.

**VISUAL**

*Professor McGraw says:* Combining cute and scary in a surprising way is golden.

**ONE-LINERS**

*Professor McGraw says:* The success of one-liners hinges on wordplay, puns, and being way too literal.

**DEROGATORY**

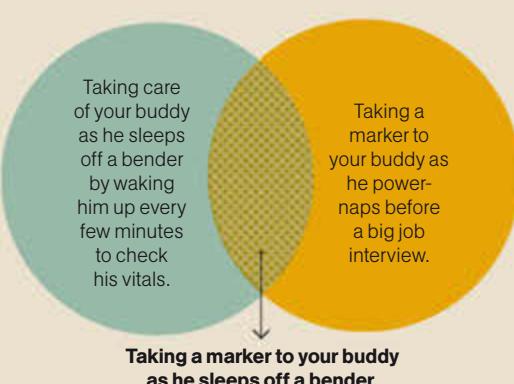
*Professor McGraw says:* The subject of the joke is also the butt of the joke. So be careful!

**DIRTY JOKES**

*Professor McGraw says:* A risqué joke is a zany way to explore taboos—but among peers, not family.

**PRANKS**

*Professor McGraw says:* Embarrass the target but make it easy to recover. (You can practice with our gag on page 48.)



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## PICKUP GAME



### Don't Act Your Age

She may go gaga over you if you try some baby talk—that is, when directed at an actual baby, not the babe. Women in a French study were 28 percent more likely to give their number to a guy if he cooed over someone's infant.

## MONTHLY METRICS

### Relatives Rock

**26%** of guys with poor sibling relationships ended up with depression by age 50, one study found. So grab a brew with your bro on National Siblings Day (4/10).

### Candy Calls

**51%** of adults admit that store displays have enticed them to buy holiday candy. Craving that chocolate bunny? Make it small and hollow—like your resolve.

### Workers Wallow

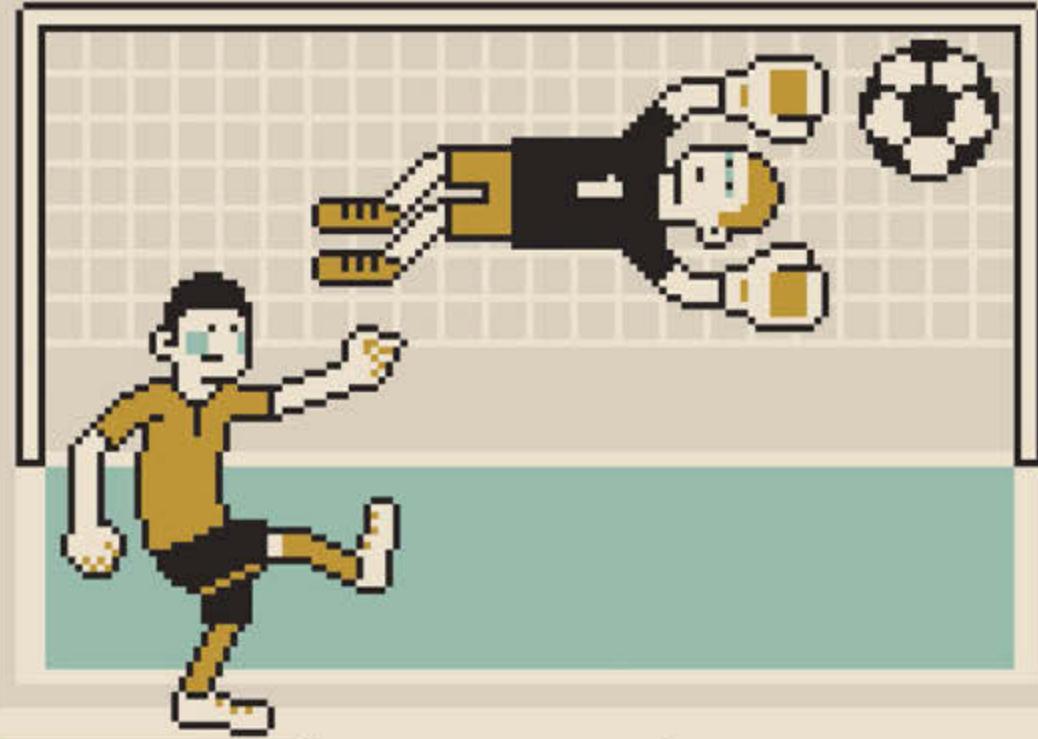
**28%** of bosses say a messy desk might cost an employee a promotion. Start cleaning up your career by filing outdated paperwork in the recycling bin.

### MVPs Miss

**63%** of NBA stars who win league MVP titles don't lead their team to a championship the same year. So root for the best team, not top players, in this month's finals.

Sources: *The American Journal of Psychiatry*, National Confectioners Association, Career Builder, basketball-reference.com

If you're ever facing down a penalty kick, or coaching your kid against one, try this: "Just before the kicker shoots, flinch right and then actually dive to your right," says Red Bulls goalkeeper Luis Robles. The shooter will see you faking right and bet you'll now dive the opposite way. He may kick it straight at you.



## WHAT IF YOU ACTUALLY...

### Faced an MLS Striker?

**I'm standing between goalposts** at Red Bull Arena in New Jersey, waiting to receive a shot from Major League Soccer scoring champ Bradley Wright-Phillips. He's set up at penalty-kick range, 12 yards away. Now I rub my gloved hands together uneasily, since Wright-Phillips delivers cannon blasts that top 80 miles an hour. My options look limited: Block it or get scored on. Either way, this is going to suck.

Like many guys, I once played soccer recreationally, even at the club level in college. Now that I'm older, I spend my time riding the bench—okay, couch. Every soccer season I watch goalkeepers miss penalty kicks and can't help but laugh. No, I've never played that position. Yet according to MLS statistics, pro shot blockers stop a measly 17 percent of the incoming. Surely I can do better than that.

To find out, I contacted Wright-Phillips and asked if he'd risk his rep by facing me mano a mano in a shootout. Surprisingly, he agreed.

He'll take five shots, the same number each team would take if still tied at the end of extra time in an MLS Cup game. If I block just one, it'll be my *Rudy* moment, a chance to go home satisfied and live on in my own bar lore forever. That's reinforced by the words of Luis Robles, the Red Bulls' own netminder, who tags along to offer guidance. "The pressure is on the shooter," he says.

I've researched this particular shooter to gain an edge. Wright-Phillips scores predictably: He went to his left four out of six times in penalty kicks last season.

So as he leans forward and plants his left foot beside the ball to shoot, I begin to shift to my right. Then the ball screams past me—much faster than I'd anticipated. It smashes into the net in less than half a second, well before my feet ever leave the ground. "Did Luis teach you to dive?" Wright-Phillips quips in his London accent.

Second kick: I again guess left, but hesitate a split second before diving. The ball hits off one hand but still goes in. I pound the turf, frustrated. "It's not natural to throw your body in front of something moving that fast," Robles reminds me.

The third, fourth, and fifth attempts go by in a blur—it's the ball zipping past, untouched. At one point I lunge right, early enough,

and guess correctly. Still the ball sails over my head into the net. It seems to me that the goal may be the one thing in the world that looks smaller on TV. (At 24' x 8', it's three times as wide as a garage door.)

Game over. I've lost—and frankly I'm bummed about it. At 6'3", I'm taller than some MLS keepers, but apparently not nearly as quick or as clairvoyant. Yet Wright-Phillips seems oddly eager to keep going. "One more?" he asks.

Why not? Nothing else has worked, so this time I decide to totally sell out, lunging hard to my left in that split second before he boots the ball. It's a silly play—unless I'm correct and can actually block the shot. This time the ball seems to curl toward me. I reach out, feeling the sharp sting of it slapping hard against my fingertips. For a second, I think I'll catch it. This could land me on a *Wheaties* box!

Then the ball bends my fingers back, blasting straight through my hands. There'll be no highlight-reel moments (for me, at least), but I leave feeling strangely electric. Being on the pitch brings back that love of the game in a way that a guy can only appreciate when he's breathing hard, living it. Back home, I sign up for a rec league again. Let our goalkeeper go 0 for 6. I'll still be cheering for him. —SHAWN DONNELLY

Want to watch porn with your partner? Tell her it's educational. A study in the journal *Sexual and Relationship Therapy* found that women have surprisingly high opinions of "instructional" adult films. Try the *Dr. Ava's Guide* series by Zero Tolerance Entertainment. These teach sex acts. And assign lots of homework.

## UNCONVENTIONAL WISDOM

# How to Toss a Salad

By James Deen

TIME TO FORK

As an adult-film star, I've performed in more than 4,000 sex scenes. That may sound like fun and it totally is, but sometimes, after hours of lying around, you have to find new and creative ways to liven the mood on set. Now, I can't recommend this to people in all careers, but if someone working under me seems a little bored, then I try to mix things up with a proper salad tossing. You know what I mean: I take a step back from the situation and introduce the person to something new that she might find unexpectedly appealing. I'm talking, of course, about this recipe for a zesty kale taco salad. It's so simple and delicious that you may never eat out again.

1

### Heat Things Up

Just like on an adult-film set, it's always best to have everything turned on before you begin. So start by pre-heating the oven to 450°F. Lay the tomatillos, poblanos, white onion, and garlic on a baking sheet and let them roast for 7 to 10 minutes. You really don't want to finish too soon; these morsels should stay in the oven until well roasted. They'll char but remain lusciously flavorful. Then pull out—the tray, of course—and let things cool down for a few minutes. Now you're ready for the main thrust of this great culinary adventure.

2

### Handle the Job

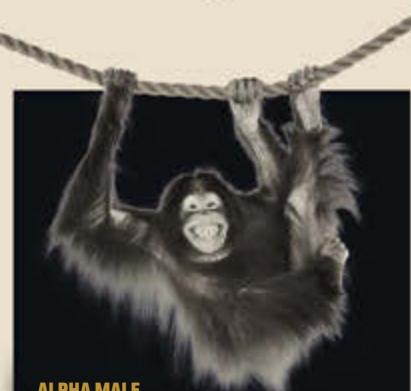
To make the dressing, add your cilantro, lime juice, queso, cumin, coriander, paprika, and cayenne in a food processor or blender and puree until the concoction is smooth. Then add the kale to a separate serving bowl. Now it's time to use your fingers. About 30 minutes before serving, pour the dressing directly onto the kale and toss carefully. Move too fast, and you'll get splatter everywhere. Use your hands to massage the dressing into the leaves. Make sure you stroke each piece gently so that it absorbs the dressing and relaxes without wilting.

3

### Finish on Top

The dressed kale is the base of the dish. Pile it on your plate first; then dice the jalapeños and olives and add them. Set out the crushed chips, cheddar, and sour cream. Now it's time for the money shot: Turn to your date and ask what toppings she (or he) wants. Personally I hate sour cream. (Seriously, that's not a euphemism.) But splash it on if you want to. Serve with chips and leftover salsa. It will taste so good your date will moan and beg for more.

—WITH DALE TALDE, CHEF AT TALDE AND PORK SLOPE IN BROOKLYN. SEE DEEN'S MOVIES AT JAMESDEEN.COM.



## ALPHA MALE

# DEFY DEATH AT THE OFFICE

Nik Wallenda has crossed the Grand Canyon and Niagara Falls and even walked blindfolded between two Chicago skyscrapers on a ribbon-thin wire. No net, no harness. Here's how the renowned tightrope walker stays sharp when the stakes are high—and how you can elevate your own career.

### Practice Pushing Your Limits

"In training, I have people shake the wire, hit my pole, and try to shove me off," Wallenda says. "If I know the winds on the day of a walk might be 50 miles an hour, I turn the wind machines to 90." Prepping for worst-case scenarios helps Wallenda stay calm at go time. If you're giving a presentation, brainstorm answers to all the worst questions you might be asked. And plan how you would condense everything if the boss shortened your time by 10 or 20 minutes. You'll be more nimble if needed.

### Visualize Victory

As mental preparation, Wallenda spends hours scoping out the terrain and imagining himself conquering it. "When the time comes, I feel at ease because I have a mental picture of myself doing the walk," he says. You can use similar techniques for important meetings. Show up early. Look around the room and picture where you'll stand, what you'll share, and how confident you'll be. Do a dry run if you can. The real thing should feel automatic.

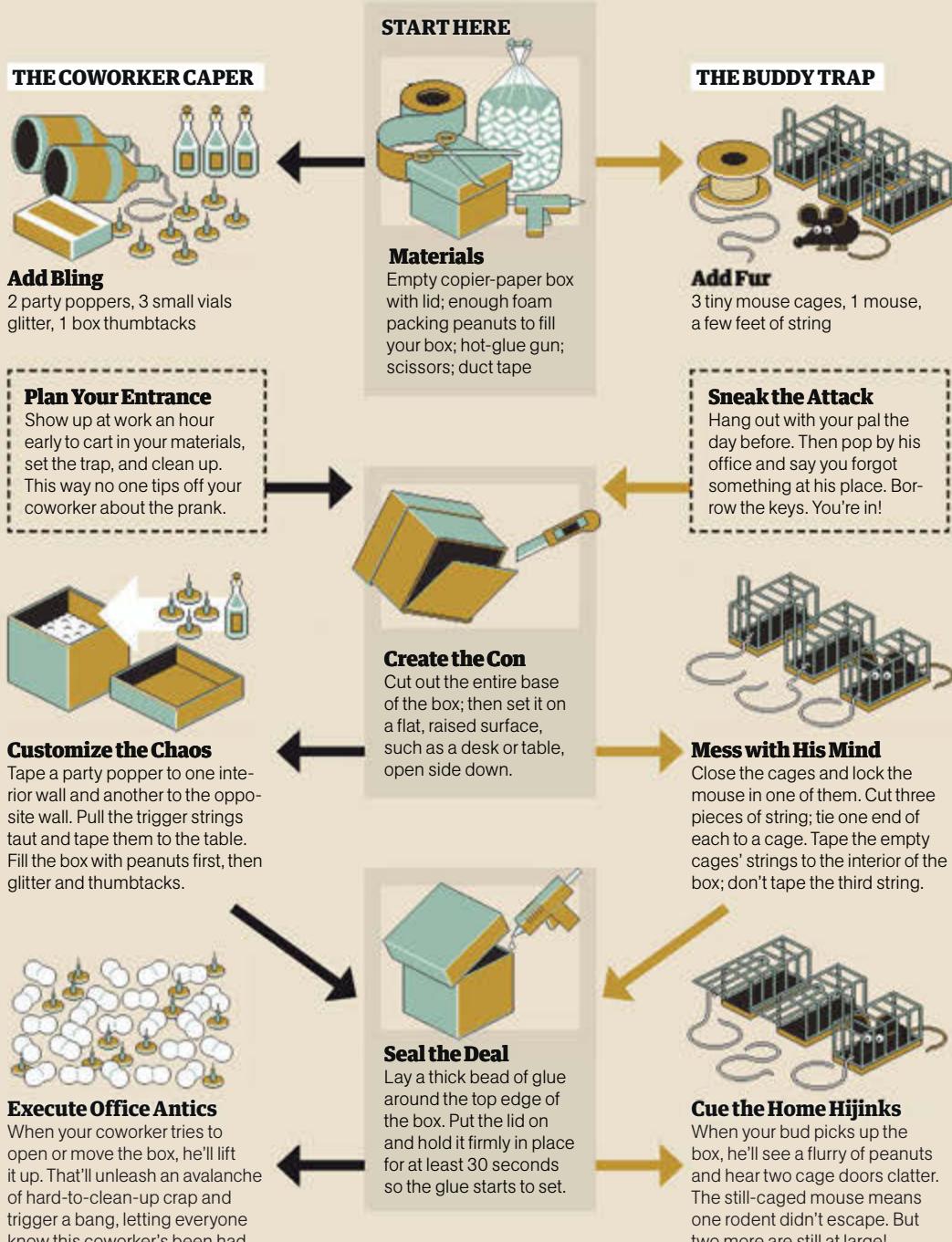
### Build a Backup Plan

Falling could be fatal, so Wallenda makes sure that won't happen. He's able to dangle from the rope for 20 minutes, and he's taught his crew to mount a rescue in 90 seconds. He triple-checks all rope anchors. For your own make-or-break challenge (like a client meeting), expect the unexpected: Keep a set of clothes and copies of paperwork in your car. (Upload big files to Dropbox.) So if you spill coffee on your suit or papers, you'll regain balance fast. —LILA BATTIS

## MIDWEEK PROJECT

# Pull Off the Perfect Prank

**The problem with April Fools' jokes?** They're just so predictable. (Plastic wrap on the toilet seat? Again?) You want people laughing with you, not at your lack of imagination. So we tapped John Austin, an industrial engineer and the author of the DIY series *Mini Weapons of Mass Destruction*, to gin up a prank so good it'll keep on delivering—even after your victim springs it on himself. One variation is safe for the office. The other, not so much. —LILA BATTIS



## WHAT'S YOUR PLAY?

### THE LOT LOOKS FULL

Did you really think you could drive to the mall and just "pop in and out"? The Parking Lot Gods laugh at your foolish mortal desires!

Now you're stuck searching for a spot in a sea of steel and glass. There are two choices: Do you snake up and down the rows of cars, hoping the perfect spot will magically appear? Or do you just take a space in another zip code and then hoof it?

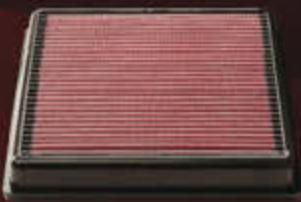
After mapping plenty of parking lots and creating his own mathematical models, Richard Cassady, Ph.D., a professor of engineering at the University of Arkansas, has arrived at an answer: On average, people who settle for the first parking spot available enter their destination about 10 seconds sooner than those who keep stalking the spaces.

True, that's not much of a time savings. But by accepting the parking cards you've been dealt, you'll also burn less fuel and more calories—per round trip, people walk an extra 100 feet on average, says Cassady.

Sanitywise there's an edge too: You'll keep moving toward your finish line while the other guy chases his own taillights. In other words, brainpower sometimes trumps horsepower. The Lot Gods shall smile upon that. Maybe they'll even let you park close someday. —KRISTIN CANNING



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GUY WISDOM

## Jimmy the Bartender

Straight-up advice on women, work, and other stuff that screws up men's lives.

**I want to visit my son at his apartment at college, but he keeps dodging me. Hey, it's my dime. What's the problem?**

RICH, MIAMI, FL

I get it: You're bankrolling the kid's education, so you figure you have the right to stop by. But c'mon, is that how you want to play this? Your son's trying to grow up here. Maybe he suddenly decided to "be a man" by setting some father-son limits. So humor him. For all you know he's just embarrassed about the disgusting bathroom or his roommate's beer-can pyramid. If you're worried about your investment in his schooling, ask to see something meaningful—like his grades. Then loosen up, Pop.

**Like an idiot, I told a crude gay joke to some coworkers. Yep—turns out one of them is gay. Am I forever the office bigot?**

ELLIOT, VIRGINIA BEACH, VA

What were you thinking, Elliot? Check that—you weren't thinking. And now you're all concerned about your rep-

utation when you should really be thinking about the guy you insulted. You want people to stop calling you a homophobe? Start behaving like a decent guy. Pay a visit to your colleague's office and say, "I was a total dumbass the other day, and I'm sorry about that joke." Don't go into how cool you are with "the gays," and don't insist that it's the only joke like that you've ever told. Just keep it short and sweet. Then make a point of being more sensitive in the future.

**My girlfriend and I split and then made up a week later. But I slept with someone else in between. Do I confess?**

DAVID, ST. LOUIS, MO

What, are you nuts? Technically you did nothing wrong, and telling her about your little fling will only make her wonder why you were in such a hurry to jump another woman's bones. Come to think of it, you should be wondering that yourself. Here's how you can make this work: Zip your lip. That said, there are two important

"ifs": If it was one of her friends, you need to spill. And if you didn't wrap it up, say so and get yourself to a clinic, bud. Otherwise, keep your trap shut and deal with your guilty conscience on your own time.

**After I introduced my two pals to each other, they began hanging out without me. I'm a little miffed. Should I be?**

LENNY, PORTLAND, OR

Come into my place, Lenny. I'll buy you a drink. But it won't be a pity party. You want to hang with your pals? Plan a poker night. Then stop acting like the jilted boyfriend.

**My friend ends everything he says with "Get it?" Is it a dick move to point out his annoying verbal tic?**

GLENN, LINCOLN, NE

One of my regulars had a thing like that. When he was beefing about politics, which was often, he'd say, "Don't get me started." I got sick of it, so one day I said, "Joe, I'm not trying to get you started. I'm trying to shut you the hell up." I saw the wheels turning in Joe's brain. After that I never heard the "Don't get me started" thing ever again. I didn't exactly dump on the guy, but I made him see what he was doing. So next time your pal says "Get it?" you say, "Actually, I don't get it. Maybe explain it another way." And once he figures out that you're just busting his balls, say, "I'm trying to do you a favor here. Get it?"

**You've probably stopped a lot of drunks from driving home. What's your best trick?**

TIM, BOULDER, CO

It's not about trickery. It's about conviction, and once you have that, keeping a drunk out of a car is easy. When I catch a guy staggering across the lot with his keys in his hand, I give his friends the business. "He can't be stopped," they tell me. Like hell he can't. If someone's plainly plastered, then you snatch his keys, grab him by the collar, call him a cab—whatever you gotta do. When you believe in what you're doing, the "how" comes naturally. He'll live to thank you later.



WORK MAGIC

## A LINE SHE CAN'T REFUSE

**The Principle**

Magicians know that audiences "see" the same things differently. "That's because there are no absolutes for the brain," says neuroscientist Susana Martinez-Conde, Ph.D. Your mind perceives things based on context, either actual or implied. This is the basis for many illusions. You just need to create the right context, says magician Francis Menotti. So keep your wand out of sight, okay? For this trick, a pencil and scrap of paper are all you need.



**How to Use It**

Draw the simple image above. It can be viewed as either a duck or a rabbit, but people usually see one, not the other. The next time you're at a bar and want to break the ice with a woman, sketch the critter and ask what she sees. If she says it's a rabbit, tell her you can transform the picture—without touching it!—before her very eyes. Then say two magic words: "quack quack."

If she sees a duck, say "Bugs Bunny." Presto! "You can influence people with psychological subtleties," says Menotti. Speaking of which, try this: In the midst of her amazement, direct her attention to you. Then say "Sexiest man alive." —JOE KITA





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GIVE ME STRENGTH™

TO DRIVE THE LANE  
TO MAKE THE THREE  
TO DOMINATE





# Your Breakaway Training Plan

That plodding jog isn't getting you anywhere. Reinvigorate your workouts to go longer, run faster, and drop pounds. **BY KRISTIN CANNING**

**IF YOU'RE LIKE MOST GUYS, YOU'RE A CREATURE OF HABIT:** You go to bed at 11 p.m., hit the john after your morning joe, and run the same loop at the same speed. That's great for sleeping and pooping, but not so good for your fitness or race times. Research from Canada and New Zealand reveals that different kinds of running deliver specific fitness benefits. Shorter intervals, for instance, increase your  $VO_2$  max (one measure of aerobic endurance), while longer sessions boost your "Qmax," the volume of blood your heart can pump. Smart (and fast) guys take advantage of four key types of



## RUNNING THE NUMBERS

COREY RYNDERS, Ph.D., AN EXERCISE PHYSIOLOGIST AT THE UNIVERSITY OF COLORADO, AND JAY DICHARRY, M.P.T., S.C.S., OF THE REP LAB IN BEND, OREGON, CRUNCHED THE WORKOUT DATA FOR A 180-POUND MAN.

	SPEEDWORK	THRESHOLD SESSION	SPEED-STAMINA WORKOUT	RELAXED LONG RUN
<b>TOTAL CALORIES BURNED*</b>	<b>265</b>	<b>790</b>	<b>670</b>	<b>715</b>
<b>CARBS / FAT BURNED DURING EXERCISE (IN CALORIES)</b>	<b>155 / 85</b>	<b>495 / 230</b>	<b>425 / 175</b>	<b>295 / 355</b>
<b>EPOC (IN CALORIES)</b>	<b>25</b>	<b>65</b>	<b>70</b>	<b>65</b>
<b>AVERAGE % OF YOUR HEART RATE MAX</b>	<b>80</b>	<b>90</b>	<b>85</b>	<b>75</b>
<b>VGFR** (% OF BODY WEIGHT)</b>	<b>300-700</b>	<b>220-350</b>	<b>275-400</b>	<b>220-300</b>
<b>TIME (TOTAL MINUTES)</b>	<b>30</b>	<b>45</b>	<b>45</b>	<b>60</b>

\*This reflects the total number of calories burned during both the exercise and the excess postexercise oxygen consumption (EPOC).

\*\*Vertical ground reaction force, or the amount of force exerted on your body at midstance. The higher the force, the greater the stress on your joints.

training—speedwork, threshold sessions, speed-stamina workouts, and relaxed long runs—to race better and boost fitness. Even marathoners can benefit from lung-busting 100-yard dashes.

In fact, Tom Kloos, coach of the elite Bay Area Track Club, says that failing to mix up training is the biggest mistake he sees runners make.

“The best improvement I’ve seen is with speed-work,” says Kloos, who’s also the track and cross-country coach at Saint Mary’s College in Moraga, California. “It improves the way you move, your biomechanics, and your running economy. That way you can run at race pace much more comfortably.” We’ll show you the science-based benefits of each kind of workout and how to best fit it into your training.

## Speedwork



**WHAT IS IT?** A 30-minute sprint session. This training improves your stride, recruits more fast-twitch muscles, and builds your fitness quickly.

**THE DETAILS** Warm up with a 1-mile jog followed by form drills: 15 seconds each of skips, butt kicks, knee raises, and fast feet (hit the ground as rapidly as you can). Do 3 sets. To prime your muscles for sprinting, do dynamic activation: 30 seconds of mountain climbers followed by climbing 20 steps (or 20 stepups on a bench). Repeat. Now you’re ready for the speedwork: Do 30-, 40-, 50-, and 60-yard all-out sprints from a standing start. Walk back for recovery. Then do 120 yards fast three times, but not quite at a full sprint. Jog back. To cool down, run a half mile, progressing from a steady to a very easy pace.

Sprinting uses more fast-twitch muscle fibers than distance running does, and it teaches you good form—that is, pumping your arms, keeping your head and chest up, and driving your knees forward. If you understand how this motion propels you, then you’ll also recognize when you’re breaking form during a longer run—and know how to correct it. “You learn to run faster with less effort. That’s a win-win,” says Kloos.

The downside? Sprints are hard on your joints. You’re pounding them with up to 700 percent of your body weight with every footstrike. At slower speeds, half your motion is powered by muscle contraction and half by the energy stored in your tendons, says Jay Dicharry, M.P.T., S.C.S., director of the Rep Lab in Bend, Oregon. Your feet spend about a quarter of a second on the ground when you run slowly, and just an eighth of a second when you sprint. “You don’t have time for the stored elastic energy to help you out when you’re sprinting, so almost all the work comes from active muscle contraction,” he says. That’s why Kloos advises giving yourself 48 to 72 hours to recover from this training.



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9g  
PROTEIN

8g\*  
FIBER



GOLEAN IS MY FUEL.

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\*5g Fat per serving

## Threshold Session



**WHAT IS IT?** Running for 30 to 60 minutes at your threshold pace—the speed you can maintain without breathing so hard that you need to slow down. It improves your aerobic capacity and helps you incinerate more calories than other kinds of running, because you're working at a higher intensity for a long period with no rest.

**THE DETAILS** Run at your threshold pace for 4 to 6 miles. When this workout becomes easier, run up to 30 minutes more when training for a 10K or less, and up to an hour more for longer races. Then work on increasing your pace.

There are various ways to figure out your threshold pace, says Kloos. You can go by feel: It should seem hard but still be manageable to maintain. (That's why it's crucial not to push the pace fresh out of the gate.) You can also use a running table: If you've done a 5K or 10K, enter your time in the McMillan Running training calculator ([mcmillanrunning.com](http://mcmillanrunning.com)). A rule of thumb, he says, is to go slightly slower than your 10K race pace, or add 40 seconds to your per-mile 5K pace. If you tend to lose focus part-way through a session, run with a friend. It's more fun, and you can keep each other on pace. If you can talk to your friend but don't really want to, your pace is about right, Kloos says. "Your breathing has to be at that level."



## INSIDER TRAINING

By David Jack

**My calves don't grow no matter what I do. What gives?**

GREG, ST. LOUIS, MO

Your calves are composed of two muscles: The gastrocnemius and the soleus. The former responds best to straight-leg exercises, and the latter to bent-knee exercises. If your calves aren't growing, you're probably over-emphasizing one type of exercise or not prioritizing your moves

correctly. Early in your workout, do 3 or 4 sets of two straight-leg exercises, like the standing calf raise and the farmer's walk on toes, and 1 set of a bent-knee exercise, like the seated calf raise. For raises, use a weight that lets you do 15 to 25 reps. For walks, use dumbbells you can carry for one minute. Flip the ratio every other workout, and don't forget to stretch before you hit the shower.

**What's your favorite pushup variation?**

WILLIAM, ANCHORAGE, AK

The one most men never master: the standard pushup. It hits everything—chest, tris, back, bis, core, glutes, and legs—if you do it right. Get down on all fours and straighten your arms and legs so your body is straight. Place your hands below but slightly wider than your shoulders. Your forearms should

## Speed-Stamina Workout



**WHAT IS IT?** High-speed repetitions of 200 to 1,600 yards. This is the most physically demanding and mentally challenging kind of running, says Kloos. The payoff for your 45 minutes of suffering is a stronger heart and more stamina. Longer intervals increase your heart "contractility" (the force of each beat) as well as the density of the mitochondria (cellular power plants) in your legs.

**THE DETAILS** Warm up by jogging at an easy pace for a mile. Then do these form drills: 15 seconds each of skips, butt kicks, knee raises, and fast feet. Do 3 sets, and then prep your muscles for sprinting. Do four 80-yard acceleration strides (increase your speed incrementally until you're going fast but are still relaxed and not in a full sprint; walk back). The intervals: Do 8 x 500 yards with a 100-yard walk recovery. The pace should be the fastest you can maintain for the entire workout. The recovery walk should take the same time as the 500-yard run. To cool down, jog slowly for a mile or two.

Long intervals aren't for the faint of heart, but they're great for your ticker. A recent Finnish study found that this kind of high-intensity interval training increased VO<sub>2</sub> max, heart rate variability (a good indicator of cardiac health), and muscle capillary density, all of which help move oxygen throughout your body so you can exercise harder for longer. You also burn major calories through excess postexercise oxygen consumption (EPOC). In other words, you work out so hard that you keep burning calories even after the clock stops. But don't overdo it. "Four to six of these speed-stamina workouts is all it takes before you're maxing out the benefits," says Kloos. He suggests adding them to your training regimen eight weeks before a race. Do one every other week or so, completing four to six sessions total.



David Jack is the owner of ActivLab in Phoenix. Follow him on Twitter: @davidjack1





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## Relaxed Long Run



**WHAT IS IT?** A slow and steady run. These burn the most fat and increase your stamina. But they can be hard on your joints if you have poor form or weak legs, so work up to longer distances.

**THE DETAILS** Run for an hour or longer at a pace that allows you to easily hold a conversation. If you get too winded, walk until you're breathing easily. Then resume running.

Running at a lower intensity for long distances is still the gold standard for endurance training. In fact, many elite athletes divide their training into 70 percent relaxed long runs, 10 percent threshold sessions, and 20 percent sprints, says Alex Hutchinson, Ph.D., *Runner's World's* Sweat Science columnist. "This balances out the hard sessions that yield the swiftest gains with the easier ones that allow for recovery and continued improvement." If you're looking to become lean, emphasize long runs. At 60 minutes, your body starts to draw from fuels other than just your blood sugar; this process can help you lose fat faster, says Kloos.

## What's Your Goal?



How often should you be completing each of these workouts? Pick your goal below for a custom training plan from Coach Kloos.

### I WANT TO BE IN BETTER SHAPE.

Use a two-week cycle and aim to do one of each workout every two weeks. On other days, do strength training. If you can run three times a week, add two relaxed long runs.

### I WANT TO BE MORE COMPETITIVE IN A 10K ROAD RACE, TOUGH MUDDER, OR MARATHON.

Use a two-week cycle, being sure to do all four workouts every two weeks. If you can run six times per cycle, base the extra runs on the time to race day: Six months out, add a relaxed long run, and alternate between threshold sessions and speed-stamina workouts for your other extra workout. Three months: Add a threshold session, and alternate relaxed long runs and speed-stamina workouts. Two months: Add speedwork; alternate threshold and relaxed runs.

### I WANT TO DROP POUNDS.

Both plans work equally well for losing weight.

## SPEED SECRETS

TRAIN-SMART TIPS FROM 2014 BOSTON MARATHON CHAMP MEB KEFLEZIGHI.



DO



DON'T

### FORM

Regularly work to improve your running form. **Overstride!** Shoot for 170 to 190 strides a minute.

Practice elements of good form during some runs. **Work on your form so much that you don't enjoy running.**

Consider form drills an integral part of training. **Force any changes in your running form.**

### TRAINING

Be consistent in the frequency of your runs. **Make sudden increases in your mileage or intensity.**

Include variety in your training program. **Try to cram too many elements into your training week.**

Keep a training log. **Be afraid to rest for a day if you feel an injury coming on.**

### RACING

Visualize an upcoming race while training. **Worry about not sleeping well the night before a race.**

Have several goals for each of your races. **Radically change your diet the day before a race.**

Self-evaluate after every race to find areas for improvement. **Drop out of a race unless you're injured.**



From *Meb for Mortals: How to Run, Think, and Eat Like a Champion Marathoner*, by Meb Keflezighi (Rodale)



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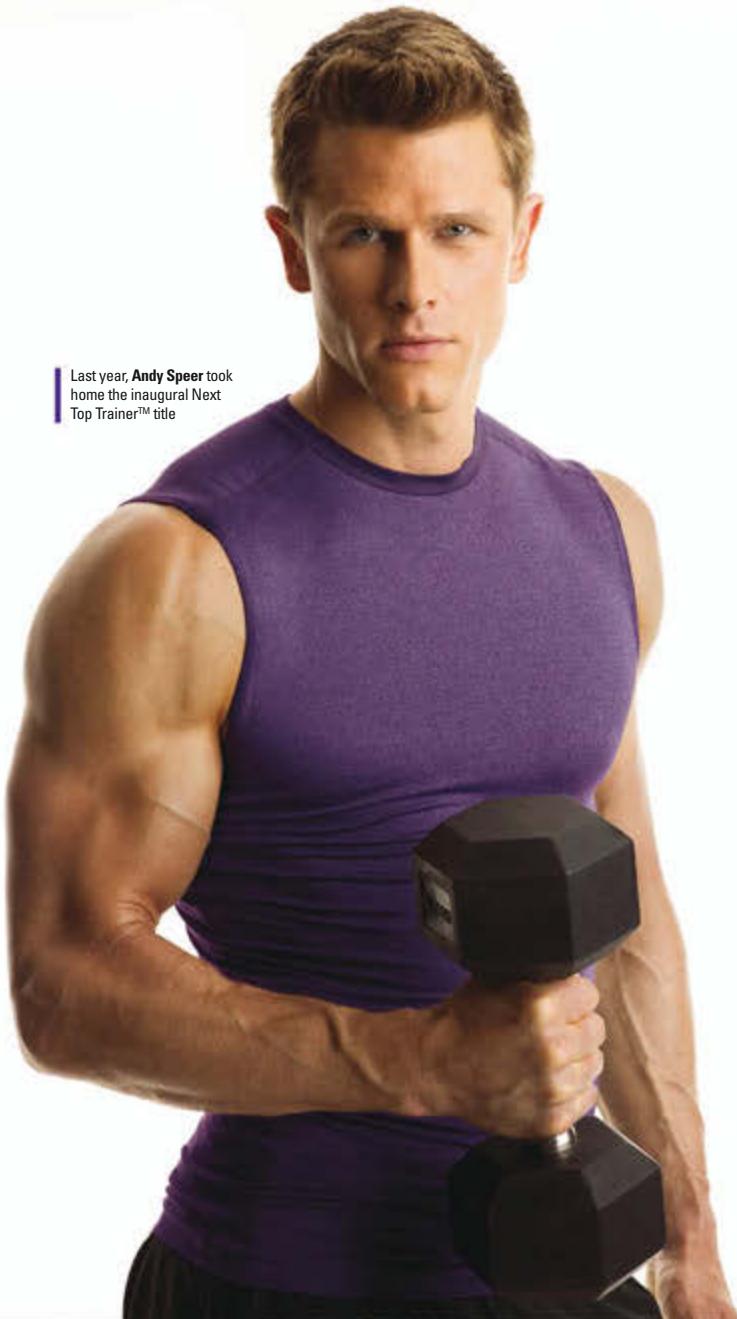
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2015  
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GUIDE

## DO I NEED A LOT OF CUSHIONING?

Heel and forefoot cushioning determines ground feel. Test a range of shoes to find your sweet spot.

## SHOULD I TRY "NO-DROP" SHOES?

Footwear that has no differential in height from heel to forefoot is best suited to a more efficient runner.

## HOW LONG HAS THIS MODEL EXISTED?

Shoes that are in at least their third update deliver a proven combo of comfort, value, and performance.



## WHAT'S THE BENEFIT OF A WOVEN UPPER?

Comfort! Still, it's smart to test the fit of your footwear by running on a treadmill. (A good store will have one.)

## AM I STRONG ENOUGH FOR MINIMAL SHOES?

Can you pull off a perfect single-leg squat? If not, then you lack the core and hip strength to safely run in these.

## Stride and True

The right pair of shoes can help you run faster and stay pain-free. Find yours.

**RUNNERS GET HURT. IT DOESN'T** matter if you're a once-in-a-while, around-the-block guy or a shirt-off racer who logs 50 miles a week and keeps pacing notes. As many as 79 percent of distance runners have sustained a lower-extremity injury, a Dutch review reveals. "Most injuries are caused by faults in foot and leg strength, imbalances, and movement problems," says Jonathan Beverly, shoe editor at *Runner's World* magazine. "But running in the wrong shoe can also cause problems."

Canadian research indicates that the *right* shoe can help you run with less effort. People who ran in shoes they deemed comfortable consumed up to 2 percent less oxygen, increasing their running economy as a result.

To help you find your perfect pair, we teamed up with the *Runner's World* Shoe Lab in Portland, Oregon, which tests more than 1,000 pairs a year. Flip the page and you'll see both ends of the spectrum: light, flexible minimalist shoes featuring thin midsoles and a barefoot feel, which are ideal for efficient runners and guys working on form, speed, and foot-strengthening drills; and plush, stable maximalist cruisers that are best for heavier, injury-prone guys. Pick the shoe that fits.

In the lab, each shoe is tested for flexibility, cushioning, stability, height, and weight. Then a loyal crew of 300 road warriors puts the shoes through their real-world paces to make sure they can handle life on the street. —MICHAEL EASTER

# ARE YOU MEN'S HEALTH COVER MATERIAL?

This March we're launching the second annual Ultimate Men's Health Guy Search presented by Kenneth Cole MANKIND ULTIMATE, with support from Isopure. Our judges are looking for a guy who is fit and fearless, a doer who gives back and leads by example.

## DOES THAT SOUND LIKE YOU?

Enter today for the chance to be featured on the cover of our November 2015 issue.

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NO PURCHASE NECESSARY TO ENTER OR WIN. Void where prohibited. Contest runs 3/10/15-06/21/15. Must be a fit male, 18 years of age or older and legal resident of 49 US or DC (excludes AZ & PR) or Canada (excludes Province of Quebec). Winner selected based on 35% Physically Fit, 25% Live a Healthy Lifestyle, 20% Give back to Family/Friends/Community/Society, 10% Professional Success, 10% Reader's Choice. For the Official Rules, MHGuySearch.com. Sponsor: Rodale Inc., 400 S. 10th Street, Emmaus, PA 18098-0099. Advertising Sponsor: Parlux Fragrances, LLC/Kenneth Cole and Isopure Company, LLC.

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## FAST FRIENDS

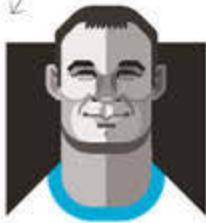
FIND YOUR SWEET SPOT: SHOES WITH CUSHIONING, STABILITY, AND FLEXIBILITY, BUT WITHOUT STIFFNESS OR BULK.

							
	<b>ASICS GEL-DS TRAINER 20</b>	<b>NEW BALANCE ZANTE</b>	<b>ADIDAS ULTRA BOOST</b>	<b>NIKE FLYKNIT LUNAR 3</b>	<b>UNDER ARMOUR SPEEDFORM GEMINI</b>	<b>HOKA ONE ONE CONSTANT</b>	<b>SAUCONY TRIUMPH ISO</b>
WEIGHT OZ	20 <b>9.2</b>	20 <b>7.7</b>	20 <b>11.1</b>	20 <b>7.7</b>	20 <b>10.2</b>	20 <b>10.3</b>	20 <b>10.1</b>
HEIGHT MM (HEEL)	40 <b>32.6</b>	40 <b>27.9</b>	40 <b>33.1</b>	40 <b>33.4</b>	40 <b>36.8</b>	40 <b>37.4</b>	40 <b>37</b>
HEIGHT MM (FOREFOOT)	40 <b>23.6</b>	40 <b>19.3</b>	40 <b>23</b>	40 <b>21.8</b>	40 <b>21.4</b>	40 <b>33.7</b>	40 <b>27.2</b>
GROUND FEEL	100 <b>63</b>	100 <b>64</b>	100 <b>53</b>	100 <b>60</b>	100 <b>31</b>	100 <b>1</b>	100 <b>5</b>
PROTECTION	100 <b>42</b>	100 <b>52</b>	100 <b>95</b>	100 <b>72</b>	100 <b>69</b>	100 <b>99</b>	100 <b>99</b>
CUSHIONING (HEEL)	100 <b>34</b>	100 <b>84</b>	100 <b>99</b>	100 <b>50</b>	100 <b>91</b>	100 <b>87</b>	100 <b>94</b>
CUSHIONING (FOREFOOT)	100 <b>51</b>	100 <b>31</b>	100 <b>93</b>	100 <b>80</b>	100 <b>52</b>	100 <b>100</b>	100 <b>99</b>



# V-Shape Shredder

Tear here  
and get ripped!



## DESIGNED BY

Nick Tumminello, C.P.T., owner of Performance University International

## BEST FOR

Enhancing upper-body strength and definition, revving metabolism, and building functional, real-world strength

## EQUIPMENT

Barbell, weight plates, medicine ball, lat pull-down machine, dumbbell, cable station (rope and standard handles)

## CALORIES BURNED

394\*

## TIME

31 minutes

\*As measured by a fit 6'2", 185-pound man using a Polar M400 heart rate monitor

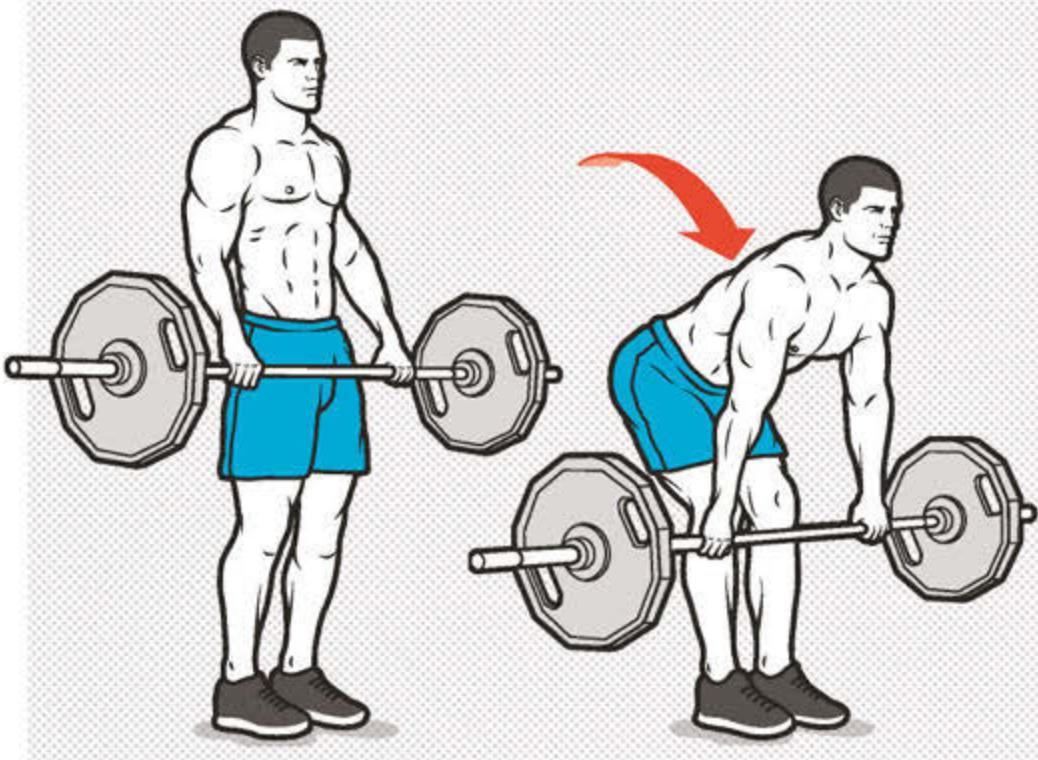
## DIRECTIONS

Replace one of your weekly workouts with this one. Do the exercises in the order shown.

Perform paired exercises (1A and 1B, 2A and 2B, 4A and 4B) as supersets—that is, back-to-back with 1 set of both moves equaling 1 superset. Perform unpaired moves (i.e., exercises 3 and 5) as regular sets. Rest for 60 seconds between each set or superset.

## 1A/ Barbell Straight-Leg Deadlift

Grab a barbell using an overhand grip, and let it hang at arm's length in front of you. Stand tall with your feet hip-width apart and knees slightly bent. Brace your core, push your hips back, and lower your chest until it's nearly parallel to the floor (don't round your back). Thrust your hips forward to return to the starting position. **Reps:** 8



## 1B/ Pushup Lockoff

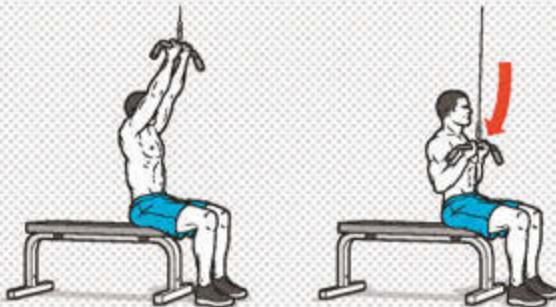
Assume a pushup position but place your right hand on a medicine ball. Keeping your body straight, lower your chest until it's a few inches from the floor. Now push up until your right arm is straight, and touch your right shoulder with your left hand. Return to the starting position. Do all your reps and then repeat with your left hand on the ball. **Reps:** 8 per arm **Supersets:** 4



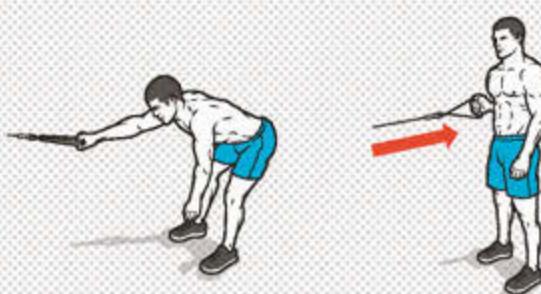
BEST  
NEW  
WORKOUT  
APRIL  
2015

**2A/ Underhand-Grip Lat Pulldown**

Sit at a lat pulldown machine and grab the bar using an underhand grip with your hands shoulder-width apart. Without moving your torso, pull the bar to your chest as you squeeze your shoulder blades together. Pause, and return to the starting position. **Reps:** 8

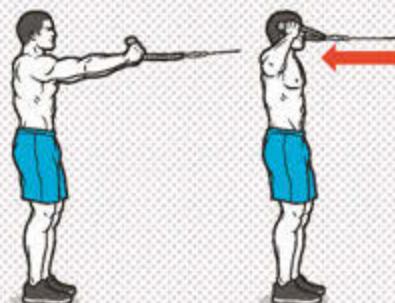
**3/ Single-Arm Compound Row**

Set a cable handle to hip height and grab it in your right hand, arm extended. Push your hips back; then thrust them forward, rowing the cable to your chest. Do all your reps, switch hands, and repeat. **Reps:** 10 per arm **Sets:** 3

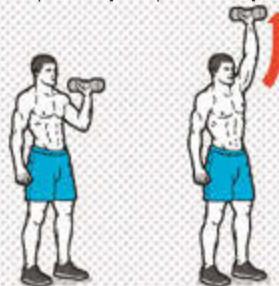
**4B/ Face Pull**

Stand holding the rope handle so the ends point toward the ceiling as shown. Bend your elbows and squeeze your shoulders together as you pull the sides of the rope to your ears. Return to the starting position and repeat.

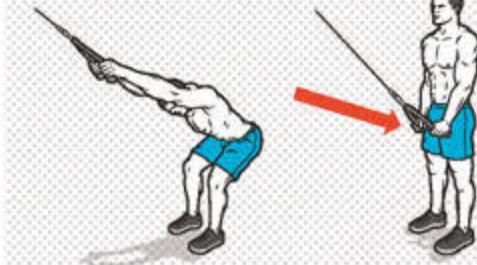
**Reps:** 10 **Supersets:** 3

**2B/ Dumbbell Single-Arm Shoulder Press**

Stand holding a dumbbell in your left hand in front of your left shoulder. Press the weight directly above your shoulder; then lower it. Do all your reps, switch arms, and repeat. **Reps:** 6 per arm **Supersets:** 4

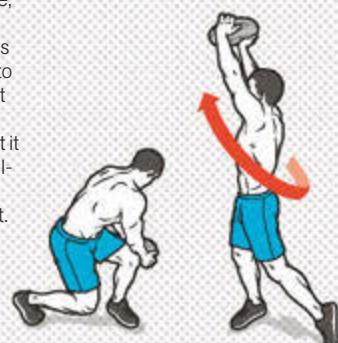
**4A/ Straight-Arm Pulldown**

Attach a rope handle to the highest setting of a cable station. Holding an end of the rope in each hand, push your hips back with your arms extended. Without bending your arms, thrust your hips forward and pull the handle to your thighs. Return to the starting position and repeat. **Reps:** 10

**5/ Plate Chop**

Holding a weight plate, bend your knees and rotate your torso left as you lower the weight to the outside of your left knee. Then rise up as you rotate right and lift it above your right shoulder; pause and pivot back down to your left.

**Reps:** 6 per side (not alternating) **Sets:** 3

**GET A GRIP**

BOOST YOUR HOLDING POWER WITH THESE TIPS.

**SWITCH UP YOUR PULLUP**

Once a week, grab a rope handle and throw it over the pullup bar. "You'll have to work harder to hold on," says Tumminello.

**PAD THE BAR**

"Wrap a towel around the bar for barbell moves," Tumminello says. "The thicker the towel, the more you challenge your grip."

**FINISH WITH A FARMER'S WALK**

After you work out, grab the heaviest dumbbells you can carry and walk for a minute. You'll build serious forearm power, says Tumminello.

# 2014 RECAP



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^†Symphony Health Solutions ProVoice™ Survey, Jan. 2005-Mar. 2014. <sup>^^</sup>Pharmacy Times Surveys, Acid Reducer/Heartburn Categories 2006–2014

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Guy Gourmet: Food Project

# Cook Your Own Damn Wings!

This March Madness, bypass the bar wings. You can cook less greasy, more delicious chicken on your own home court. **BY LILA BATTIS**

 **EVERY BRO BOASTS THAT HIS GO-TO BAR HAS THE BEST** wings this side of Buffalo. The truth: Most joints follow the same stale recipe you'll find on the back of a bottle of Frank's RedHot. The real destination for delicious? Set the GPS for your own kitchen. Here to help is your new wing-man, Lauren Hirschberg, director of culinary operations for Craft Restaurants and winner of the hot wings division at the 2010 Memphis BBQ World Championships. Master his secrets to turn out trophy-worthy wings and a sauce hot enough to spike your metabolism and spank the Frank's.

## 01

## Buy Better Chicken

Pick up 2½ pounds of smaller-size organic wings and drumettes. Larger wings will steam and turn mushy, says Hirschberg. And too much meat will result in a lopsided sauce-to-meat ratio.



## FLAVOR BOOSTER: PUT WINGS IN A PICKLE

In a large bowl, whisk together ½ cup yellow mustard and ½ cup pickle juice. Toss the wings with the mixture; cover and refrigerate for at least an hour and no more than eight. "The combo adds zip and brings out flavors in the sauce," Hirschberg says. Ready to cook? Remove the wings from the brine and drain them thoroughly.



## TIME SAVER: BUILD HEAT IN A HURRY

If you're in a rush, doctor a store-bought hot sauce to enhance its flavor. In a small saucepan, heat 1 cup Crystal hot sauce (or equivalent) on low until warmed through; then transfer to a blender along with 4 garlic cloves, 2 Tbsp honey, and 2 roasted jalapeños. Puree until liquefied. Add 2 Tbsp butter to the saucepan and heat until melted. Pour the mix back into the saucepan and keep it warm until you're ready to use it.



## MASTER BASTER

Set aside some sauce for slathering.

## 02

## Master a Signature Sauce

Have an hour? Put the time into this wing coating. The blend of multiple chiles and spices creates a heat that lingers—without overpowering your palate.

## WHAT YOU'LL NEED

3 FRESNO OR SERRANO PEPPERS	2 TBSP CHILE PASTE
1 JALAPEÑO PEPPER	½ TBSP MUSTARD SEEDS
2 TBSP CANOLA OIL	½ TBSP GROUND CAYENNE
½ MEDIUM YELLOW ONION, CHOPPED	2 TBSP SUGAR
½ TBSP CHOPPED GARLIC CLOVES	1 TBSP SALT
½ TBSP TOMATO PASTE	1 CUP DISTILLED WHITE VINEGAR OR CIDER VINEGAR
1 CUP WATER	¼ CUP HONEY
½ TBSP BLACK PEPPERCORNS	► JUICE OF ½ LEMON
	1 STICK BUTTER, MELTED



## RECIPE REMIX: PLAY WITH FIRE

Tweak the heat of either sauce (signature or time saver, above) by swapping peppers: For mild, omit the cayenne (if you're making the sauce from scratch) and add a 9.8-ounce jar of piquillo peppers. For hot, swap the jalapeño with a habanero pepper and blacken it. For superhot "holy \$#!" wings, trade the jalapeño for a habanero and add 1 or 2 Thai chiles to the mix. Blacken as directed.

## 03

## Host a Roast

"Wings are really all about the sauce, but if they're not deep-fried, saucing them early means they won't crisp," says Hirschberg. Bake first, baste later.

► **DO THIS** Preheat the oven to 375°F. Spread the wings on two baking sheets. Place both on a middle rack in the oven and bake until the wings are golden, about 15 minutes. Remove them and lower the heat to 300°F. Baste them with your sauce, return them to the oven, and bake until crisp, 15 to 20 minutes. To check, grab both halves of a wing and pull. If the bones come apart easily, your wings are done.



► **HOW TO MAKE IT** In a dry skillet on medium high, blacken the peppers, about 5 minutes. Stow them 10 minutes in an airtight container; then don gloves and remove the skins. In a pot, heat the oil on medium low. Add the onion and garlic; sauté until soft, about 8 minutes. Add the tomato paste; sauté 30 seconds. Add the peppers and the next eight ingredients and cook till thick, about 20 minutes. Cool. Blend in the honey, lemon, and butter. Coats 6 dozen wings



#### RECIPE REMIX: SEAR THIS OUT

By finishing your baked wings on the grill, you'll further crisp the skin while allowing the sugars in the sauce to caramelize, says Hirschberg. Preheat a grill or grill pan to medium high. Remove the wings from the oven 5 minutes early, toss them in more sauce, and then transfer them to the grill or grill pan. Cook until the skin is extra-crispy, about 5 minutes, turning every minute.

Illustration by R. KIKUO JOHNSON (whiskey)



## 04

### Dig In!

In a large bowl, toss your cooked wings with more sauce, adding 1/4 cup at a time, until the wings are coated but not gloppy. Oversauced wings will overwhelm the chicken's flavor. (Warning: Don't toss the wings with the sauce you used to baste. That sauce may contain bacteria from the basting brush. Yuck.)

► **SERVE 'EM** Present a platter of wings with carrot and celery sticks for a side of vegetables, but hold off on the bowl of bottled blue cheese dressing. That sodium-logged sludge can wreck the nuanced flavors of homemade wings. Instead, suggests Hirschberg, deliver the wings with a wedge of good blue cheese, such as Shepherd's Way Farms Big Woods Blue or AmaBlu St. Pete's Select blue cheese.



#### FLAVOR BOOSTER: SEE BLUE DIFFERENTLY

Can't bear to skip the dip? The homemade stuff is easy to whip up. Just puree 1 part of your favorite blue cheese with 1 part mayonnaise and 2 parts buttermilk until smooth. You'll make a creamy dip that'll temper the heat and balance the zing of the wings, says Hirschberg.

THE BURNING QUESTION

## SHOULD I ADD WATER TO MY WHISKEY?

Alcohol is like fat: It carries flavor. Typically, the higher the hooch's proof, the stronger the flavor. That's especially true of cask-strength whiskeys, which are not watered down at all and can be over 100 proof. But if the potable is too potent, the alcohol content can mask some of the more subtle flavors.

That's where water can help put out the fire. Incorporating just a little H<sub>2</sub>O mellows the burn while simultaneously setting free more of these nuanced notes, such as fruits, nuts, and spices.

Here's your strategy: First, take a sip of the whiskey and see how you like it straight. Does it remind you of rubbing alcohol? If so, then go ahead and add a drop or two of water at a time and see where it takes you. In general, the older the spirit, the less water you need to add. But again, how you choose to enjoy your whiskey is entirely up to you. You make the rules. —Noah Rothbaum, author of the new book *The Art of American Whiskey*

## Be a Flash with the Pan

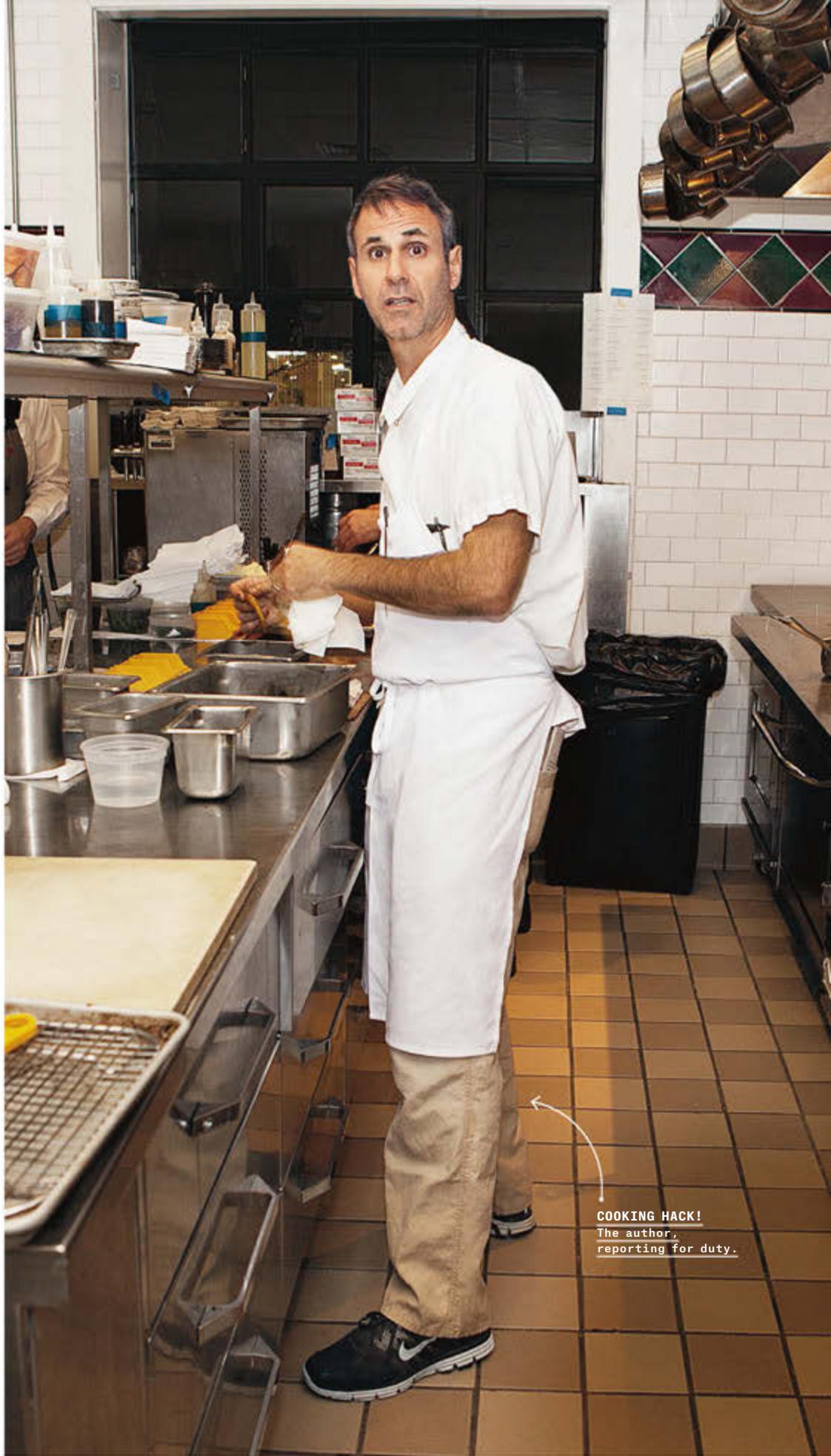
What happens when a typical home cook tries to work in a professional kitchen? He learns from his (many, many) mistakes.

BY STEVE ALMOND

**T**HE FIRST TWO meals I ever prepared for my wife were true masterpieces: grilled shrimp on linguine

with vodka sauce, followed, some hours later, by French toast with berries and whipped cream. So, okay, I had an ulterior motive for perfecting these recipes. But I'd been an aspiring chef long before I met my wife. I'm the kind of guy who watches *Top Chef* and thinks, *Hey, I could do that.*

Imagine my delight, then, when I received a call offering me the opportunity to work as a line cook for a night at Clio, one of Boston's best restaurants. My marching orders: to see if my cooking chops could sustain me through a dinner service and, at the very least, to learn as much as I could from the culinary workhorses staffing the kitchen. And then imagine my terror: Shortly after I'd accepted the challenge, my wife and I checked out Clio's menu, which included



**COOKING HACK!**  
The author, reporting for duty.

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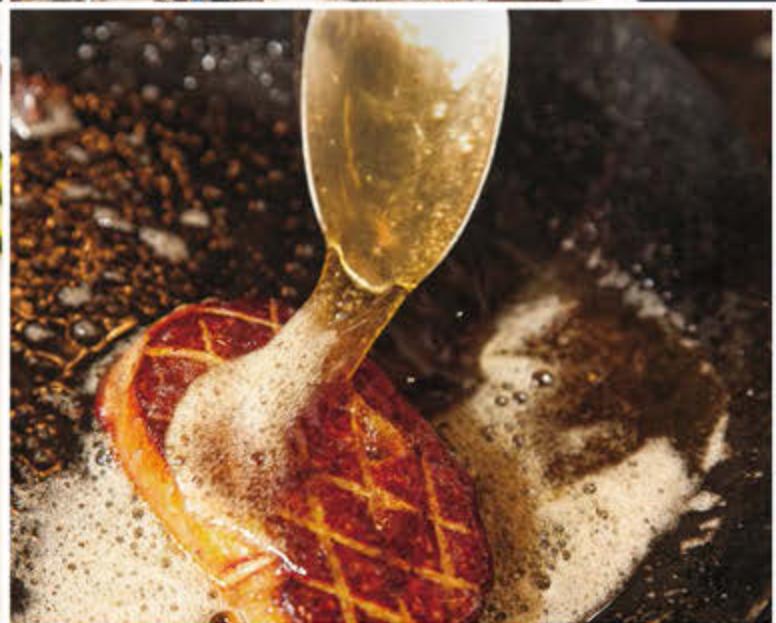
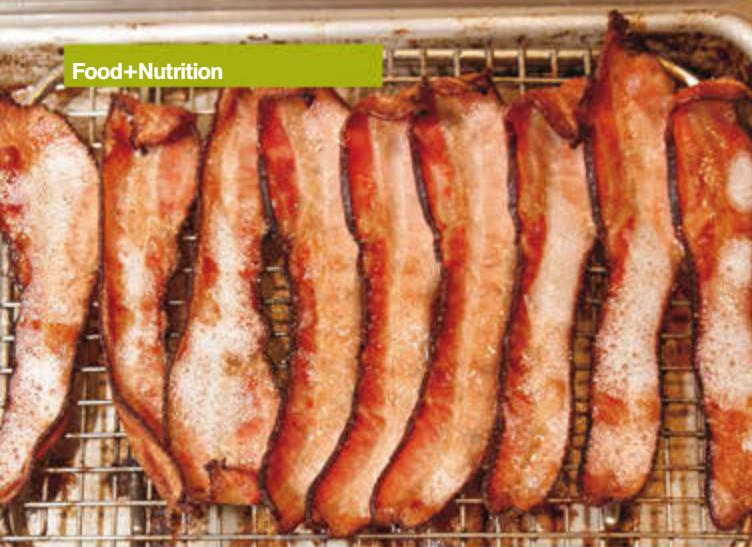
\*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

Photo by Weston Walker

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foie gras laquée with hibiscus, aerated molasses, cherry blossom, and bee pollen. I turned to my wife in what I can only describe as a panic. "What's a laquée?"

Still, I'd been cooking for 25 years. Over the next two weeks, I trained, I sharpened my knives. I caramelized onions. I shirred eggs. I gained 5 pounds and far too much confidence.

**BY THE TIME THE BIG DAY ARRIVED, I WAS FAIRLY CERTAIN** that Clio's owner and executive chef, Ken Oringer, would be so impressed by my skills that he'd have no choice but to hire me. This delusion ended at the precise moment he asked me to shuck an oyster. For those of you not hip to the world of gastronomic celebrity, Oringer also helms Toro, Coppa, and Uni restaurants, all in the Boston area. In person, Oringer exudes a laid-back manner and, at the time, sported a handlebar mustache. It took him six seconds to appraise my shucking technique ①: "My daughter does it better than you." She's 5.

As a form of punishment, or perhaps purely for the amusement of his staff, Oringer next ordered me to disembowel and clean a half dozen live sea urchins. This involved cleaving the top of each creature's spiny, globular exoskeleton with cooking shears and then gingerly spooning out the bright-yellow gonads, which are apparently a delicacy. Oringer wisely exited the scene before the carnage got out of hand. He left me in the care of his three line cooks: Joe, who ruled the meat station; Jimmy, who handled the seafood; and Harvard, who took

care of everything else. They assigned me a series of tasks that might be described, charitably, as remedial. I spooned pasta into plastic tubs. I zested lemons. I loaded pastry cones with gooey gnocchi batter. I spent a good half hour using a wet napkin to dab filaments of singed hay off hay-smoked carrots. I was assured that these tasks were absolutely vital to the night's success ②.

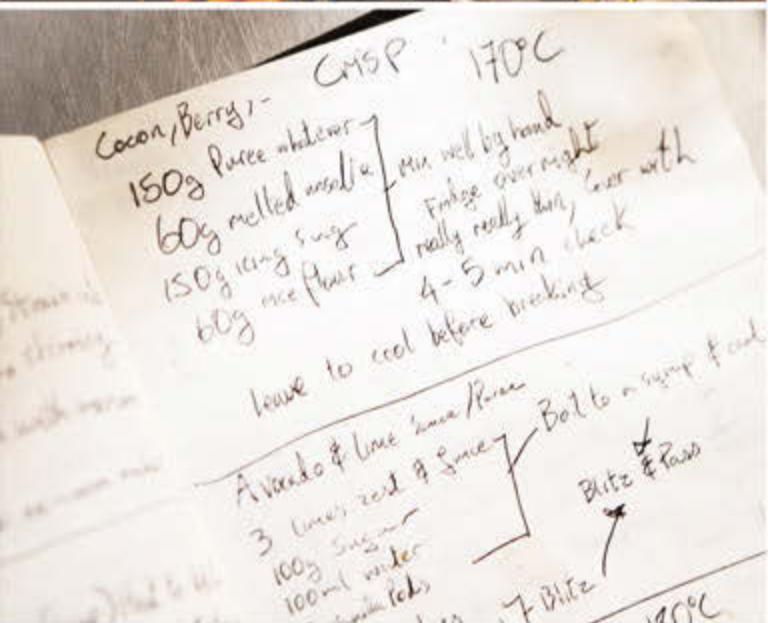
This is not to suggest I wasn't given any sophisticated duties. At one point, Harvard handed me a dense, gnarled sphere of truffle, and a toothbrush. I was to clean the dirt flecks from the microscopic crevices of the former, with the latter. No floss, even.

"How much is this thing actually worth?" I asked, waving the fungus in a manner that I now know must have deeply unsettled the food professionals around me.

"You're holding about \$900 worth of truffle," Joe said. I chuckled. "That's a good one!" Nobody else was laughing.

**BY 5 P.M., IT WAS TIME FOR "FAMILY MEAL," A RESTAURANT** ritual in which the kitchen staff files into Clio's plush dining room to break bread. Tonight it was a mountain of sandwiches, washed down with water chugged from plastic storage containers. Up until this point, I admit I still thought that if any of Clio's line cooks went down, scorched by an errant flambé, I could save the day. Then, soon after we'd all shuffled back to the kitchen, a ticket arrived for a table of eight and the chervil hit the fan.

**MY DELUSION ENDED AT THE PRECISE MOMENT THE CHEF ASKED ME TO SHUCK AN OYSTER.**



Joe, at the meat station, got the worst of it. The order burdened him with three lamb porterhouses, a poulet rôti, a slow-cooked egg, and a filet of Wagyu beef. Each of these proteins also required sauces and sides. Some plates at Clio include up to a dozen distinct elements—gels, foams, emulsions, and botanical curiosities like reindeer moss—all arranged in a manner my mother would call “suitable for framing.”

And so Joe, a handsome kid of 23 with tattoos peeking out from under his shirt, launched into what I can only call a controlled frenzy. He fired up all four burners behind him, tossed a miso-infused squash puree into a saucépan, oiled his skillets ③,

seared the lamb, rolled the poulet in a sputtering sweet glaze, and then wheeled around with a poached egg that he gently guided into chilled water.

The rest of the team was also engaged in the throes of disciplined mania. Next to Joe, Harvard was basting foie gras so quickly that it looked as if the slab were being deluged in a micro-burst of melted fat ④. He tossed a hunk of goat butter into a hot pan with a squirt of lemon juice, garlic cloves ⑤, rosemary, and carrots. Jimmy seared a skate wing ⑥ and constructed a tower of lobster tail. The three line cooks performed about 200 discrete actions in the span of 90 seconds, most involving insanely

**A PHOTO GALLERY**  
Chefdom isn't all hobnobbing with Padma Lakshmi. Working the line requires focus, tenacity, and complete trust in the wise guys toiling in the trenches with you.

## COOK (MAYBE JUST A TAD MORE) LIKE A PROFESSIONAL

① Work the tip of an oyster knife into the shell's hinge. Hold the other end of the oyster with a towel. Rotate the knife as if you're turning a car key. The shell will pop open.

② Prep is key. Hit a kitchen supply store and buy a few ramekins. Do what you can before you flick on a burner. Put prepped ingredients into the ramekins and use as needed.

③ Preheat your pan. When you see the oil begin to smoke, whatever you add to the pan will sear. Don't let the oil you add smoke too long, though; it'll turn acrid and taste gross.

④ Spooning melted fat over meat enhances flavor, ensures moistness, and helps your food cook evenly. In your home kitchen, just use a regular serving spoon and go wild.

⑤ Leave the garlic skins on when you're sautéing, says Harvard. “They contain essential oils that add a different dimension to the flavor.” Just pick 'em out before serving.

⑥ After you add the fish, press gently on the flesh as you move the fillet around the pan. This improves the contact between the fish and the skillet, creating an even sear.

⑦ Dirty plates, carrot peels, ingredients you no longer need—these impede cooking efficiency. Keep a waste bucket on hand for scraps, and tidy things up when you can.

sharp knives and blistering-hot surfaces, all in a workplace 8 feet long and 2 feet across. The most remarkable aspect of this surge was that all three stations looked impeccable when the cooks were done. Somehow they had cleaned as they cooked <sup>7</sup>.

The man overseeing the madness was Oringer's major-domo, a laconic 27-year-old named Zach Watkins. In the space of a few minutes, Zach had found bits of shell in a Dungeness crab dish and flagged a steak that he could tell at a glance was undercooked. "Is that warm in the center?" he asked Joe. Joe jabbed the offending piece of meat with a cake tester <sup>8</sup>, then drew it out and touched it to his lower lip. "No, chef," he said.

"In some industries, you can hide inside a cubicle for nine months before your mistakes show up," Zach told me. "Here, your hands are on everything. If someone messes up, I know about it very quickly." This I had come to understand.

What was I doing during this performance? For the most part, trying to avoid being stepped on. Oh, sure, the cooks let me do a little sautéing during lulls. But I was obviously out of my depth. Yes, I'd basted my own arm with clarified butter. Yes, I'd created a huge mess by underestimating the power of the commercial sink spray hose. And yes, I'd mangled the dry-aged hind leg of an Iberian pig while attempting to slice papery sheets, which would be served as part of a \$35 plate.

I'd lost some of my ego during the night's service and gained a serious amount of respect for the cooks around me. Thanks

to those TV shows that portray chefs as hotheads, I had arrived at Clio expecting drama. But the line cooks came off more like earnest technocrats, consulting checklists and verifying recipes. The chefs cranked out about 700 dishes the night I worked. Clio's patrons weren't paying just for the fancy menu, swanky interior, or doting service. The price covered precious ingredients and their transformation by attentive cooks.

It was after 10 p.m., and the line cooks were scrubbing down their stations with a zeal I found terrifying. Soon the whole crew would head across the street to drink, talk trash, and swap recipes. I drove home, exhausted.

**THE NEXT MORNING, I FOUND MYSELF AWAKE BEFORE MY** wife and kids and full of nervous energy. I pulled a pan out of the cabinet. While that heated up, I chopped garlic, oregano, tomatoes, and a bit of smoked cheddar. I beat two eggs and seasoned them with smoked paprika, pepper, and salt.

Just as the pan began to smoke, I threw in a hunk of butter, just like Harvard taught me, and fried up the garlic in browned butter before adding the eggs, tomatoes, and cheese. These I served with a side of sourdough toast for my drowsy wife. So what if I couldn't cut it in a professional kitchen? So what if I didn't have a \$900 lump of truffle on hand? I still had the confidence, along with a few new skills, to impress the people who matter most. My wife ate every bite. ■

**I STILL HAD THE CONFIDENCE, AND A FEW NEW SKILLS, TO IMPRESS THE PEOPLE WHO MATTER THE MOST.**

## Two irresistible flavors

*I can't believe they're making a megastar like me do this.*

*Hey, I know those guys.*





## THE FAST FOODIE

HAVE 15 MINUTES? FIRE UP THIS PROTEIN-LOADED GARLIC SHRIMP WITH CHORIZO.

By Paul Kita

Microwave dinners always come out, well, nukewarm. For hotter fare, turn to your oven instead. (You do have one of those, right?) We borrowed this easy recipe, which combines a spicy cured meat with luscious seafood, from chefs Bruce and Eric Bromberg of Blue Ribbon Bakery Kitchen in New York City. Prepare your ingredients as your oven preheats, and then roast the shrimp and the sliced garlic. You'll have a few minutes while dinner cooks, so crack open an IPA. Just be sure to save some beer for the meal—the hops will help cut the spiciness of the sausage.

### What You'll Need

- 8 JUMBO SHRIMP, PEELED AND deveined
- 1 LINK SPANISH CHORIZO, CUT INTO 1/2" CHUNKS
- 2 GARLIC CLOVES, THINLY SLICED
- 1 TBSP EXTRA-VIRGIN OLIVE OIL
- CHOPPED PARSLEY, FOR GARNISH

### How to Make It

Preheat the oven to 425°F. In a medium bowl, toss the shrimp, chorizo, garlic, and oil. Season with salt and pepper. Transfer the mixture to an ovenproof dish and bake until the shrimp are just cooked through, 7 to 10 minutes. Serve over microwavable brown rice and sprinkle with the parsley. *Makes 1 serving*

Per serving (without the rice or beer): 530 calories, 39 g protein, 5 g carbohydrates (0 g fiber)

Want to try more Fast Foodie recipes? See [MensHealth.com/fastfoodie](http://MensHealth.com/fastfoodie) and follow @MHFastFoodie on Twitter.



### PICK A SIDE

Try it with sautéed spinach or asparagus.



PHOTOGRAPH BY SAM KAPLAN

# under 200 calories.

I don't like the way people are looking at us.



I better be getting paid overtime for this.





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# Male-Pattern Boldness

Don't exit winter with a whimper. Command major respect this spring by embracing our daring three-step style plan. **BY SANDRA NYGAARD**

LONGER DAYS AND BALMY BREEZES ARE A SIGNAL TO YOUR wardrobe: Wake up! If you try to pull the style equivalent of hitting the snooze button, you'll appear vaguely clueless. "Rising temperatures translate to lighter fabrics, playful prints, and fresh colors that are in sync with the season," says Eric Jennings, vice president and fashion director of menswear at Saks Fifth Avenue. "And since your attitude is more relaxed in warmer times, your wardrobe should follow suit." For a full refresh, look for comfort, softness, and lightweight fabrics—starting with our picks on the following pages.

## 1

## Break the Pattern

There's no fun in playing it safe with spring clothing. Ready to stand out? Start with a shirt in one of the pattern categories described below, but pair it with a neutral solid to tone things down, a good rule of thumb when going big and bold. You can also mix patterns if they're of different proportions; large and small prints will complement each other, not compete.

## Polka Dots

Stick to basic colors like navy and white—they're memorable without dominating. "With polka dots, the size more than the shade should make the statement," Jennings says.

## Florals

Go beyond those bright Hawaiian-style prints. Instead, Jennings suggests simple, muted prints on dark backgrounds. "This keeps the look dressy, even if it's on a polo," he says.

## Geometrics

Microgeometric patterns combine retro and modern style. "You can wear them with suits and look professional and polished," says Jennings, who pairs his with a knit tie.

The larger the pattern, the more a shirt pops. Conservative? Go with the left or right option. Bold? Pick the middle.



PREVIOUS PAGE, FROM LEFT:

**ARMANI EXCHANGE** SHIRT, \$79

**HAMILTON SHIRTS** SHIRT, \$225

**OLIVER SPENCER** SHIRT, \$250

ABOVE:

**PERRY ELLIS** SHIRT, \$70

**MARC JACOBS** SHIRT, \$455

**BANANA REPUBLIC** SHIRT, \$65



**BREAK UP BULK**  
Soft shoulders look best on a jacket that's unstructured.

## 2

## Throw the Lights On

When the humidity kicks in, don't let your body suffocate inside dark, heavy fabrics. Simon Miller, the creative director behind the Citizens of Humanity men's line C-of-H Man, suggests adjusting the fabric weight and color to the season. These tips will help you make the perfect choices.

## Blaze a New Path

A solid, unlined navy blazer is the ultimate pinch hitter. The shoulder seams should sit directly on top of your shoulders, and the sleeves should end at your wrists. The bottom seam should stop at your fingertips.

**L.B.M. 1911 BLAZER,**  
\$785

## Change Your Jeans

Look for jeans in a light or medium wash and a fabric that has some stretch. For hot days, you'll want 10- to 12-ounce denim; it's lighter and more breathable. Otherwise, opt for durable 12.5-ounce denim, Miller says.

**CITIZENS OF HUMANITY JEANS,**  
\$170

## Tread Lightly

The outer soles of the wingtips shown above contain a lightweight material called EVA. It's a much better shock absorber than leather is, says John Giurini, D.P.M., chief of podiatry at Beth Israel Deaconess Medical Center.

**COLE HAAN SHOES,**  
\$268





**THROW SOME SHADE**  
Light blue screams  
spring and pairs  
with plenty of hues.

**FEEL IT OUT**  
Unique textures can  
elevate even neutral  
hues like gray.



## Be a Force of Nature

Take your cues from the BBC's *Planet Earth*: The most popular color trends this year echo the natural hues of the great outdoors, says Leatrice Eiseman, executive director at the Pantone Color Institute. Use the color wheels on the right to coordinate your clothing with the shades of the season.



### Monochromatic

Similar versions of the same hue go together, and they can elongate your silhouette by creating an undisrupted sweep of color. As a bonus, they're the easiest to combine.



### Complementary

Opposite colors attract because they enhance each other by creating contrast. For instance, yellow pops when it's paired with purple, which is why blondes look good in plum.



### Analogous

Think of these colors as close relatives—who actually get along with each other. One color should dominate, while the other two shades should occupy smaller aspects of your outfit.

CLOCKWISE FROM TOP LEFT:

**BILLY REID SHIRT**, \$125  
**PAIGE DENIM PANTS**, \$179  
**TOMMY HILFINGER SHORTS**, \$89  
**GANT RUGGER SWEATER**, \$295  
**MR NIEVES SHIRT**, \$284

**THE MEN'S STORE AT BLOOMINGDALE'S SWEATER**, \$138





## FINISHING TOUCHES

4 SUBTLE WAYS TO TIE A LOOK TOGETHER.

### TAKE A STEP FORWARD

Be risky with shoes, laces, and socks. Just make sure the color complements one item you're wearing.

### DARE TO GO GRAY

Set yourself apart from the sea of brown leather briefcases. Gray is versatile and goes with most clothes.

### TRADE YOUR SHADES

Most guys reach for a boring style of specs. Find a pair with more personality if you want to stand out instantly.

### TAKE ONE BIG GAMBLE

Contrast makes your look memorable. Add a pattern in an unexpected place, like on your belt or tie.

CLOCKWISE FROM TOP LEFT:

VINTAGE BELT

COACH MEN'S BAG, \$450

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## QUICK CHANGE

By Brian Boyé

### I have a 10-year-old suit that's like new. Can I wear it?

PETE, DAYTON, OH

Suits are like cars, and a 2005 Mazda won't turn heads no matter what the odometer reads. You could slim the trousers and taper the jacket, but those wider lapels and thick shoulder pads are rel-

ics of a bygone era. Today's suits have minimal padding, a fit that skims your frame, and 2½-inch lapels. And don't forget: Your tie, at its widest point, should be roughly the same width as that lapel. So if you do take that clunker out of the closet, bring your old tie along for the ride.

### My dress shirts billow in the back. How do I keep them neat?

MATTHEW, BOSTON, MA

Shirtmakers know that guys wear collared shirts untucked, so they've shortened the tail. That's great at happy hour but not in the boardroom. Your solution: the "military tuck." Start with your

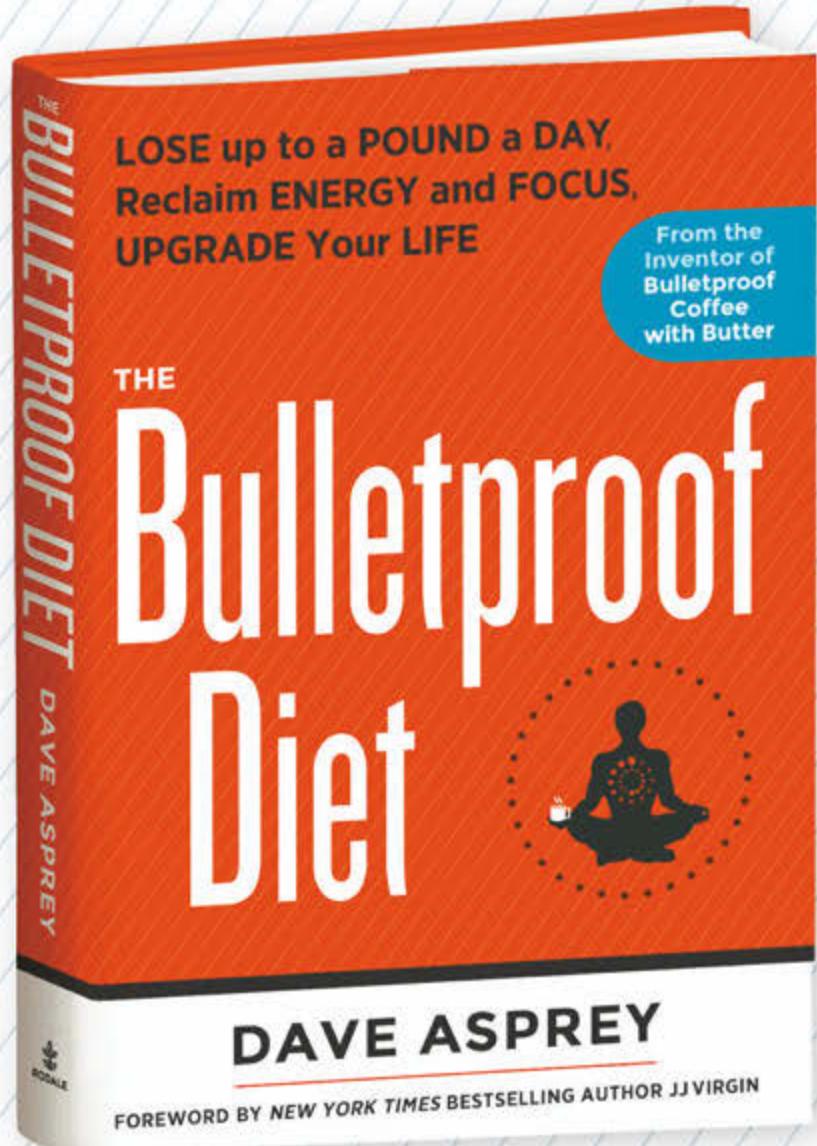
shirt buttoned and your pants undone. Pinch the seams of the shirt on both sides and fold the excess fabric back as you button your pants. Cinch your belt to keep everything in place. You can also buy dress shirts with longer tails: Look for Van Heusen, Charles Tyrwhitt, Izod, and Hugo Boss.



Brian Boyé is Men's Health's executive fashion director. Follow him on Twitter and Instagram: @brianboye



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## Scrape Off the Ugly

Simplify your spring grooming routine by using the power of subtraction.

BY DAN MICHEL

**HEAD MASTER**  
A thinning razor will clear some thatch while adding texture and edge.



### Your Cut / Hit a Fadeaway

Warm weather calls for less mane—but don't go overboard and shear it all off, says Mark Miguez of Freemans Sporting Club barbershop in New York City. Ask the barber to fade your sides with a No. 2 guard, and keep about 3 to 4 inches on the top. Slick it back with pomade for the boardroom, and wear it off to the side with texturizing cream on the weekends. *Fellow Barber Styling Cream*, \$22, [fellowbarber.com](http://fellowbarber.com)



### Your Scent / Dial It Down

Your sense of smell becomes more heightened in the spring, says Alan Hirsch, M.D., director of the Smell & Taste Treatment and Research Foundation in Chicago. So retire musty scents for fruit-based notes, like those found in Calvin Klein's Reveal. (As a bonus, the scent of pear can ease anxiety, Dr. Hirsch says.) Stick to just a spritz or two, focusing on the wrist and neck. *Calvin Klein Reveal*, \$80, [calvinklein.com](http://calvinklein.com)



### Your Scruff / Trim the Fuzz

A Viking beard has no place on summer vacation. Trim it back to a few days' length. "It's an easygoing look that contrasts well with shortly cropped hair," Miguez says. Start with a No. 3 guard all over, and then use a No. 5 to blend your 'burns. Remove the guard and clean up the hair on your neck (below your Adam's apple) and on the tops of your cheeks. *Philips Norelco Multigroom 7100*, \$60, [philips-store.com](http://philips-store.com)



### Your Feet / Blast Dead Skin

Gnarly dogs? After showering, use a foot file to slough away layers of dead skin, says dermatologist Tyler Hollings, M.D., of Stanford School of Medicine. Start with the rough file for scraping, and finish with the finer one for buffing. Use a cream containing ammonium lactate to help break down any rough areas. *Microplane XL-Pro*, \$20, [us.microplane.com](http://us.microplane.com); *CeraVe SA Renewing Cream*, \$20, [drugstore.com](http://drugstore.com)



### Your Face / Raise Your Shields

If you seem to suffer from irritation and itchiness every spring, it could be a rash called "polymorphous light eruption," a bad reaction to your first major sun exposure of the season. Use a broad-spectrum SPF moisturizer, which helps shield your skin from UVA rays, the more common form of radiation from the sun. *Neutrogena Healthy Defense Daily Moisturizer with Sunscreen Broad Spectrum SPF 50*, \$14, [neutrogena.com](http://neutrogena.com)

**"THIS CUT IS A LITTLE BADASS, BUT IT STILL WORKS FOR THE OFFICE," SAYS BARBER MARK MIGUEZ.**



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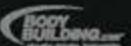
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Special Report

# The Invisible Wound of War

A soldier's psyche can produce bizarre moments on the battlefield—and then trouble later in the bedroom. **BY LAURA TEDESCO**

**JULY 22, 2003, 2:13 P.M., IRAQ STANDARD TIME. THE CONVOY** was heading to Karib from Mosul, where Saddam Hussein's sons had been killed just hours before. U.S. Army Specialist John Radell, then 35, was in the turret of a Humvee when a rocket-propelled grenade hit the vehicle in front of him.

The blast ejected Radell from his Humvee as the ambush erupted. He scrambled for cover, his senses heightened, and a familiar rush of adrenaline coursed through his body. He took a round in his right leg but scarcely felt it. His eyes were trained on a figure who had popped up from behind a sand

**EMPTY FEELING**  
The risk of sexual dysfunction skyrockets with PTSD.

## "WHEN SOMEONE SAYS, 'THANK YOU FOR YOUR SERVICE,' I CRY BECAUSE I FEEL ASHAMED."

berm maybe 75 yards away and was working his way toward Radell. It was a boy in traditional Iraqi garb—caftan, vest, woven cap—carrying an AK-47. The boy was a soldier. "I don't think I've ever seen a level of hate in somebody's eyes like this child, about 12 years of age, had when he was looking at me," says Radell. What happened next haunts Radell to this day.

When he pulled the trigger, killing the boy soldier, Radell ejaculated.

"That was probably the moment I broke," Radell says now. "I was disgusted with myself. I started to believe I'm no different than the sick bastards, the Jeffrey Dahmers, of the world. To this day, when somebody walks up to me and says, 'Thank you for your service,' I cry because I feel ashamed."

F

**FOR STARTERS, IT'S NOT** uncommon for soldiers to become erect on the battlefield, says Michael Sapiro, Psy.D.(c), who has trained as a neurocognitive rehabilitation specialist at the

U.S. Department of Veterans Affairs. "They're not monsters. They're not getting pleasure from killing. But it's invigorating. There's such an intensity to being on the field, shooting a weapon, the power of taking another life."

At that moment, though, Radell believed he was inhuman—that he'd somehow become an animal. "It became very easy to look at another human holding an AK-47 and see a piece of meat. If I can turn him into anything but another human being, then it becomes very simple for me to pull the trigger," Radell says. "If you have any morals or scruples, that's going to cause conflict at some point. In my case, that conflict resulted in a mental breakdown."

Radell's story is an extreme case of post-traumatic stress disorder (PTSD) and some acutely personal consequences. But his experience also illuminates a corner of the male psyche where aggression and sex combine—a volatile dynamic that is seldom discussed even among the many soldiers whose sex lives have suffered after war.

Radell's PTSD symptoms showed up quickly upon his return home to California. Clinging to his military identity, he bought several guns and 2,500 rounds of ammo for each, rigged his property with dummy explosive devices and trip flares, and slept with a loaded .45 under his pillow and a sword under the mattress. Psychologically, Radell was still on duty at Fort Liberty,

Kuwait. Sex was either physically impossible or emotionally unbearable.

Sometimes Radell couldn't become erect at all, or if he could, sex might spark a flashback to that child soldier. "I'd see myself pulling a trigger on my wife's head as I was getting ready to climax," he says. "That destroyed the sexual relationship altogether for me."

On the battlefield, Sapiro says, a soldier has "a sense of total power over other people's lives." Back in civilian life, that disappears. "Then when they lose their ability to use their sexual organ, which to them represents who they are as a man, all [remaining] power is stripped from their identity," Sapiro says. "You're seen as a hero if you lose a leg, but you're seen as half a man if you're limp." Even with a wife waiting on him at home, Radell recalls thinking, *I'm way too young to be experiencing this. My life is over—I'm no longer even a man. Who the hell is going to want me for my personality?*

For some, the mere sensations of intimacy can trigger the terror of war. The smell of lovers' bodies becomes "connected to death and despair," says Sapiro. "It's just overwhelming."

The VA's solution for Radell: four Viagra tablets a month. "They'll give you only so many pills," says Mitchell Tepper, Ph.D., M.P.H., founder of the Making Love After Making War initiative. "So if you want to have sex more often, you cut them up." Radell says VA docs told him they weren't there to be his sexual therapists.

Eleven years later, this remains the VA's primary treatment of erectile dysfunction among combat veterans returning from Iraq and Afghanistan. In 2014 alone, the agency spent \$77.9 million on ED drugs like Viagra and Levitra, a nearly threefold increase since 2006.

By some estimates, nearly one in five U.S. soldiers returning home from Iraq and Afghanistan suffer from PTSD. And the majority of these veterans—those age 40 or below, who are in the prime of their sexual lives—face an 81 percent higher risk of sexual problems than those without a PTSD diagnosis, according to a 2013 study published in the *Journal of Sexual Medicine*. Further research released last year in the same journal suggests a stronger link: Servicemen with probable PTSD were 29 times as likely as those without PTSD to report ED. Among men with genital injuries, for comparison, the risk of ED went up only ninefold.

When a serviceman physically can't get it up, sending him home with a Viagra scrip makes sense. But psychological injuries have an effect on more than just the bloodflow mechanics of a man's erection.

"It's not just a plumbing problem," says Drew Helmer, M.D., director of the VA's War Related Illness and Injury Study Center in New Jersey. "What's not working well are some of the circuits in the brain that tell the body what to do in

## HARDLESSONS

STRESS CAN SABOTAGE PERFORMANCE. IF YOU'RE LIMP FROM ANXIETY, HERE'S YOUR GAME PLAN.



### FOCUS

Your stress response redirects blood to your muscles instead of your penis. "Focus on the pleasure happening right then, not something that's about to happen or that already happened," says sex therapist Lisa Thomas, L.C.S.W. Pay attention to her curves or sighs. If your mind drifts, bring yourself back to what's at hand—or in your hand.



### PRACTICE

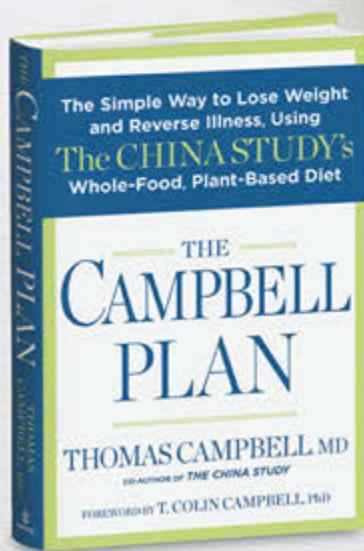
Use masturbation as a rehearsal. "Just knowing you can get an erection and have an orgasm on your own is really helpful," says Thomas. Start masturbating as usual, but stop midway and let the erection die down. Then start again and finish. "This helps you understand that if your erection goes away, it'll come back," she says.



### TALK

Simply talking about the problem works for more than half the men Thomas treats. "Just telling her takes the pressure off, and you can both go into the sexual experience more relaxed," says Thomas. Your partner may express relief that it's not her fault. When everyone relaxes, bloodflow returns. —AMBER BRENZA

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## "SEXUAL HEALTH HAS BEEN DISCOUNTED. BUT THIS ISN'T JUST ABOUT GETTING OFF."

terms of sexual arousal." That may explain why, in a recent *BJU International* study, Viagra was no more effective than a placebo at alleviating ED among combat vets with PTSD.

"It takes arousal, which begins in your brain, to start that erection," says Tepper. "And Viagra isn't going to affect your brain."

R

**RADELL, A MEMBER OF**  
the Gabrielno-Tongva and Apache tribes, met his second wife, Aiyana, at a drum circle in 1996. They married seven years later, just weeks before

his deployment. In the years before Iraq, the sex was good—although sometimes sporadic—and Radell describes himself at that time as a touchy-feely guy in tune with his emotions.

But when he came home, almost two years after the ambush (his Alive Day, he calls it), he realized that the man Aiyana married had died alongside that 12-year-old boy in Iraq. "I wasn't capable of any emotional bonding, on any level. I wouldn't allow anybody to even touch me. I don't even think I hugged Aiyana or touched her for probably the first six months," he says.

Radell tried to join in the welcome-home festivities, but his family's response to the new John-laughing when they saw him dive under the kitchen table during Fourth of July fireworks—pushed him further inward.

"There was most definitely a fear of intimacy," he says. Emotional numbing, like the effect Radell experienced, is a recognized symptom of PTSD—and according to a recent study in *Military Health*, it is the PTSD symptom most closely linked to sexual problems.

"If a person is cut off from his emotions, it makes sex less appealing—it becomes just a purely physical act," explains Christopher Erbes, Ph.D., a psychologist at the Minneapolis VA and an associate professor of psychiatry at the University of Minnesota.

This may be especially true for soldiers who go to war in their sexually formative years. "If you deploy when you're 18 or 19, you're still developing your sexual identity," says Benjamin Breyer, M.D., a urologic surgeon at UC San Francisco who studies sexual dysfunction. Wartime trauma can affect that process, he says. Years normally spent exploring sexuality or building intimacy are spent in war zones, where survival requires emotional detachment.

In the aftermath of war, some veterans may engage in violent behavior, including domestic violence and risky sexual practices, says Sherrie Wilcox, Ph.D., of the Center for Innovation and Research on Veterans and Military Families at



**OPEN MIND**  
Many soldiers  
hesitate to  
try therapy.

USC. As Dr. Helmer puts it, "Coming back from deployment, all of life is kind of vanilla-like, I need more of a thrill, I need more of that adrenaline rush that made me feel alive."

In Radell's case, he avoided intimacy and re-created the thrill of war by cheating on his wife with women he met at his Alcoholics Anonymous meetings. "That's ultimately what destroyed my marriage," he says.

**T**  
HE VA DOESN'T ROUTINELY screen returning veterans for sexual dysfunction. In fact, the Dole-Shalala Report, released in 2007 by the President's Commission on Care for America's Returning Wounded Warriors, failed to address sexual health care for veterans altogether.

"Sexual health has been discounted as a 'lifestyle' issue. But this isn't just about getting off—these things affect the person's emotional, mental, and relationship health," says Tepper, who is part of a small band of clinicians, many of whom are disabled, lobbying for the VA to change its approach. "I became disabled at 20, and sex was important to me," he says. "The able-bodied docs and psychologists, I believe, take sex for granted."

In 2010, a new law permitted the VA for the first time to treat not only veterans but also their partners. Five years later, the VA is still in the process of making couples therapy widely available. The counseling Radell was offered "didn't

have anything to do with the sexual aspects of our marriage," he says. "Basically it was how [Aiyana] could learn to live with a crazy person."

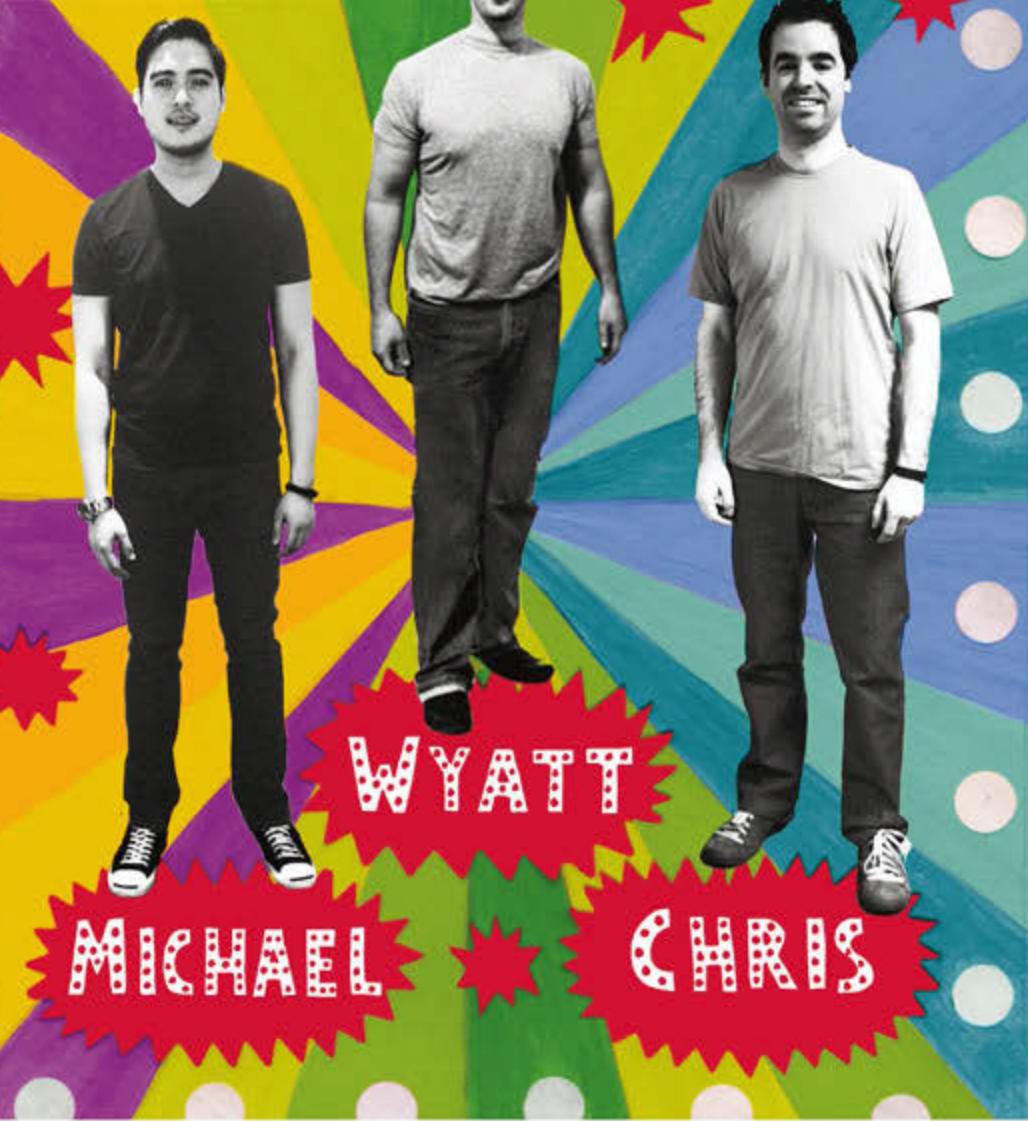
Erbes emphasizes involving the veteran's partner from the get-go. Some couples have had years of marital distress: "It's unreasonable to think that just because the symptoms of PTSD are being addressed, boom, the couple is going to hug and just go about their business. What's more likely is that the marital distress could interfere with the individually based treatment."

According to a 2013 UNC Chapel Hill study, about 60 percent of the soldiers surveyed with probable PTSD sought mental health treatment by seeing a counselor, psychologist, or psychiatrist. It's simpler to try Viagra and Levitra—still the frontline treatment for veterans who have sexual problems.

This may be partly the fault of the VA, whose neglect of patients—and cover-up of those lapses—erupted in scandal last year. But it also reveals veterans' reluctance to seek mental health care. In the military, "there is a culture of strength," says Dr. Breyer. "Veterans think this kind of thing is perceived as a weakness. There is a stigma associated with seeing a therapist."

Some guys stop their psych medications—which they often suspect to be causing their erectile trouble—cold turkey, without a doctor's supervision. "They'd rather be hard than sane," says Sapiro. A common outcome: They remain limp, because cutting out meds isn't necessarily an effective route to erection. They can then

CONTINUED ON PAGE 151



Michael Moya 28

Wyatt Genser 33

Chris Campbell 37

HEIGHT / WEIGHT	6'1" / 185 lb	6'1" / 200 lb	5'7" / 155 lb
RELATIONSHIP STATUS	Single	Married	Married, infant son
JOB	Digital marketing manager for a news site	Banking manager and business officer	Freelance graphic designer
FAMILY HEART HISTORY	Both grandmothers had strokes; grandfather had a stroke and died of a heart attack.	Maternal grandfather had a heart attack; paternal grandfather had congestive heart failure.	Father as well as both grandfathers suffered heart attacks and died.
EXERCISE	High-intensity training four days a week. Diagnosed with hypertension at age 25. "I don't take meds, but exercising helps."	Three to four days of running, plus weight training in between. "I still have some pudginess even after recently losing 40 pounds."	Running and Pilates a few times a week, and a daily walk. "I usually hit the 10,000-step count each day without much trouble."
DIET	Five small meals a day. "I try to eat well and include more vegetables than meat in my meals—except for the occasional burger."	Protein-heavy meals, plus nuts for snacking. "Twice a week we order takeout, like Italian. But the miles I log balance it out."	Meals include one protein and two vegetables; one or two alcoholic drinks at dinner. "We rarely eat out, and I don't drink soda."
SELF-ASSESSED STRESS LEVEL	•••••	•••••	•••••
WHICH GUY HE THINKS WILL LOSE	"I think Wyatt's most at risk. The banking industry can be cut-throat. And his family history doesn't help his situation either."	"With both his grandfathers and his father passing due to heart attacks, I would say that Chris is genetically at the highest risk."	"I feel like I'm the worst of the three! My only leg up is my zen-like approach to heart health: low-key exercise and less stress."

## Men's Health Showdown

## Who Will Have a Heart Attack First?

Learn whose organ needs an overhaul.

**DO YOU HAVE ANY IDEA WHAT A** hard worker your heart is? Think about it: At the end of every day, you get to go home, put your feet up, and watch *Sons of Anarchy*. Just imagine if your heart tried to kick back after a grueling 9 to 5 of pumping blood. While it was relaxing, you'd be busy dying. In fact, if there were an award for Organ of the Month, we know which framed x-ray we'd expect to see hanging on the wall.

Still, while nobody's ticker takes time off, some *do* up and quit. Maybe the workplace conditions are horrible. Or perhaps the boss sits on his ass all day. Whatever the cause, it's almost always something that was building up for a while. So we asked three guys to bare their hearts for us: They revealed their daily diets, exercise habits, family history—they even guessed which guy's heart was most likely to go haywire first. (Hint: They were all wrong.)

Then we enlisted the help of Michael Miller, M.D., director of the Center for Preventive Cardiology for the University of Maryland Medical System and the author of *Heal Your Heart: The Positive Emotions Prescription to Prevent and Reverse Heart Disease*. He evaluated each man's current cardiac risk factors to predict who's first in line for an infarction.

So play along, and then turn the page to find the real loser. By spotting trouble areas early, these guys—and you—may be able to avoid the chest-clutching equivalent of "I resign." —MELISSA ROMERO



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Michael Moya

**FEW THINGS SET A GUY UP FOR** cardiac catastrophe like hypertension, says Dr. Miller. According to a 2014 *JAMA* study, having untreated high blood pressure in your late teens and 20s doubles your risk of plaque buildup and heart disease 25 years later, compared with the risk of people who don't have hypertension. And while Moya may think that hitting the gym four days a week is taking the pressure off, doing high-intensity workouts could actually worsen his condition. That's because vigorous exercise can cause systolic blood pressure to skyrocket to levels as high as 250, says Dr. Miller, especially in people who already have hypertension.



**THE Rx** He may need an actual Rx—and ASAP. Moya should talk to his doctor about taking meds for his high blood pressure, says Dr. Miller. A study review published in *Annals of Internal Medicine* found that popping BP-lowering drugs can significantly reduce a person's risk of stroke and death from heart disease, even when blood pressure is only mildly elevated. As for exercise, Moya should switch to isometric strength training. Researchers in Australia report that doing isometric exercises (think wall squats or planks) can significantly reduce blood pressure after four or more weeks.



Wyatt Genser

**HIS IS A STORY OF NUTS VERSUS** gut. Genser's habit of eating a handful of nuts every day provides him with a steady stream of magnesium, a mineral with anti-inflammatory properties that has been associated with improved heart health. Just 2 to 3 ounces of nuts a day can provide enough magnesium to lower a person's chance of dying of coronary artery disease by 22 percent, according to recent research from Harvard School of Public Health. But Genser's lingering gut could be negating some of that benefit: A man's waist size needs to go up only 2 inches from what it was in his 20s for his risk of heart disease to increase, says Dr. Miller.



**THE Rx** Pounding the pavement doesn't give Genser license to load his plate. At 33, his fat furnace is no longer burning at its hottest: A typical man's basal metabolic rate, or the amount of energy burned at rest, dips by about 2 percent per decade after his 20s. "As you age, you have to work harder or eat less to manage your weight well," says Dr. Miller. Genser should limit his cheat meals to one day a week and give his belly a different kind of workout—with laughter. Watching a funny movie boosts vascular function by as much as 6 percent, Greek researchers report.



Chris Campbell

**CAMPBELL'S RISK MAY BE HIGHER** due to his family history, but he's made the right preventive moves. His secret? Calm your mind, and your heart will follow. "Stress and negative emotions account for a good portion of heart attacks," says Dr. Miller. "Living in a state of chronic stress really exacerbates your risk." Campbell has managed to sidestep one major stressor by opting to be his own boss: People who have jobs that are highly demanding and that offer little freedom to make decisions are 23 percent more likely to have a heart attack than those with more flexible, less demanding careers, according to researchers at University College London.



**THE Rx** Since being your own boss is probably not an option, you can let go of your work stress by turning up the tunes during your daily commute, says Dr. Miller. His research team found that grooving to a favorite song can help dilate blood vessels, while less-liked songs tend to induce stress. Then come home and hug your family: Touch can lower stress and blood pressure, a Japanese study found. That's because positive physical contact can trigger a surge in the hormone oxytocin, the researchers say, which tamps down tension and improves overall heart health.

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Minutes of secondhand smoke exposure that can cause vascular damage

**56%**

Spike in heart disease risk from working 3 to 4 extra hours a day

Sources: *Journal of the American College of Cardiology*, *Circulation*, American Heart Association, *European Heart Journal*



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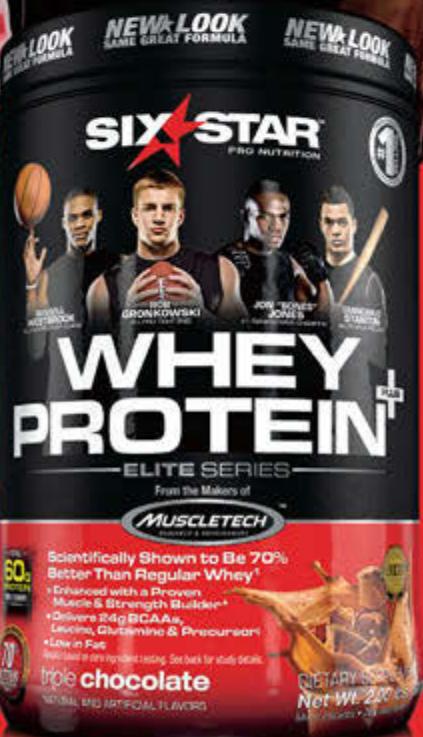
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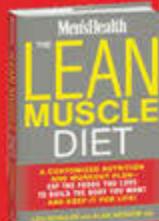
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# When Flirting Goes Too Far

There's a moment of truth a married man faces when the vows of matrimony wrestle with the laws of attraction. **BY BOB HUBER**

MY SON SAM IS AWAY AT COLLEGE, SO ONE SPRING SUNDAY afternoon I take over his room and lie on his bed, surrounded by rock 'n' roll posters, to watch the Phillies. Around the fifth inning, my wife comes in: "I just went into your e-mail to read one from Sam, and there was one from Erin. Sam's I'm glad I read; Erin's I wish I hadn't. But at least now I know."

"Know what?"

"Go read it." Karen leaves Sam's room. I don't move. The Phils are up. Anyway, there's really no reason to race downstairs to the computer because Erin is a friend, just a friend,



a new friend. So there is certainly no reason to be too eager here.

The game gets a little blurry, however. Karen and I are alone now—our other son, Sam's younger brother, Nick, is also in college. Plus, I've quit my job and now work for myself at home. Everything is different and feels new.

Karen has been teasing me that Erin and I are hot for each other. Erin returned to the States after two decades in Ireland; we met through a family friend. There have been some dinners for half a dozen people. Karen says we act, Erin and I, like nobody else is there. All we do is talk.

*i had this wild dream that we were on the free-way in a BRAND NEW white BMW. i was driving, i had to go 80mph to keep up with everyone else and...this can only mean one thing: we will write our book and there will be twists and turns along the way but in the end we will make squillions of dollars and drive really fast BMWs!*

Erin's e-mail. A lousy dream. At a dinner party the night before at her place, we kidded about writing a book together. I come back upstairs to check on the Phils, but first I poke my head into my bedroom, where Karen is reading. "I don't think it's anything. A dream. Who cares?"

My wife squirms slightly in a way I recognize, a way that means, as her eyes don't leave

her book, *Are you a freakin' moron?* I go back to Sam's bed. Dreams are like academics. They dig deep and say everything—and nothing.

When I first met her, at our friend's house, Erin and I stood alone in the living room—everyone else had moved to the kitchen, where dinner was almost ready—and talked about what we were working on. It was dusk; no lights were on. I don't remember what we said.

I do remember how she paused, frozen, as if something had to be calculated or solved. Erin is thin and angular, and her hair is kind of a mess, like an 11-year-old boy's. She wears eyeglasses and no makeup. She's published four books. She has an ironic little laugh and very nice teeth. We talked about the exact thing we do. I didn't move either.

**EVENINGS, WE LIE ON FACING COUCHES, KAREN** and I, reading the paper. "The problem is that you do it right in front of me," she says.

"Do what? I don't do anything." My wife is looking up at the ceiling. It's a few days after Erin shared her dream. Karen has a small smile. "We just talk about work," I tell her.

"The two of you act as if no one else is there." Her paper slips to the floor. She turns, puts her hands together, and rests her cheek on them.

Karen is tired—she's a therapist at a private school. "So how is Erin doing?"

"I don't know."

"What, aren't you two lovebirds talking?"

"She's anxious. She's looking for work."

"And you?"

"Me?"

"What are you looking for?"

The paper is folded on my lap. Karen has a jaded view of men. Her father once told her that he didn't know one man who was faithful to his wife, including himself. Karen's view of me: I may be telling her the truth, though it is just as likely that I am a lying, cheating scumbag.

**ERIN AND I HAVE NOT BEEN ALONE TOGETHER,** and we aren't on this night either. Not at the beginning. We wade through a reading at a local bookstore—something we agreed, by e-mail, to attend as homebound scribblers in need of community. It is only after that, as I drive Erin up the long driveway to her rented carriage house, that we are alone. By this point, Karen, who gets up at 5 a.m., is fast asleep back home. Erin and I sit in my car and talk.

A slight pressure builds inside my head, which seems to push out all thought except this one: I can squire Erin around, be her friend,

## IT'S A LITTLE PAST MIDNIGHT. MY CELLPHONE BEEPS. A TEXT MESSAGE FROM MY WIFE: WHERE ARE YOU?

and it is all in control. Why not? I'm a man of enough accomplishment, in a blue blazer, simply offering his arm. It is smooth. It is easy. We talk for a minute more, or 15 minutes more, and then we stop, and it is time. I hug Erin. It's a hug that says *We're above the fray*.

"I didn't know if in America you're supposed to hug or kiss a friend goodnight," she says. Two decades is a long time to be away.

"Either," I offer.

"Goodnight."

"Goodnight." As I turn around and drive away from her carriage house, I consider Erin's accent. It's not Irish but sounds a bit European, I decide. She stands on her *r*'s. In the end, however, my evening is not so smooth. Or easy. As I pull up to my house, my cellphone beeps. A text message, from my wife: *Where are you?* It's a little past midnight. I have never, in fact, owned a blue blazer.

### "YOU'D SLEEP WITH HER IF YOU WERE SINGLE."

It's the next night. Karen and I are on our couches. "I'm not interested in that." My wife says my name. It is not a term of endearment.

I consider why she seems so sure. Erin and I will remain at a dinner table after the others get up. To me, it seems necessary. She is trying to write a novel. She has ideas. She needs a sounding board. She needs—not to put too fine a point on it—me.

"I probably would sleep with her," I say to Karen. "But it wouldn't be a good idea." This does not even elicit my name. We are silent and I think, *Is this how our evenings alone together are going to go?*

### APPARENTLY, YES.

"I was thinking of something," Karen tells me the next night. "When I came out to Berkeley once, I met a guy at that coffee shop."

"What coffee shop?"

"In Berkeley, right downtown."

"Caffe Med?"

"Yeah, the place on Telegraph."

This was 25 years ago. In fact, my wife and I had met in a coffee shop ourselves, back in Pennsylvania. I was living in Berkeley when I dated Karen, a waitress. I remembered how I left her a \$5 tip just for coffee, how our beginning was torrid and rocky, how she came out to visit me in Berkeley, how we barely knew each other but decided to make a go of it.

This story, her story, is complete news to me: That one day, during one of her visits, in the old hippie haunt Caffe Med, where novels were written and drug deals made, Karen talked with a guy for hours. It was dynamic, an intense connection. She left with him, walked with him to his apartment. But she didn't go in. "I was very proud of myself," she tells me. "I didn't have to go up with him. I didn't have to do that any longer."

O-kay. "He called me once, in Pennsylvania."

"So you gave him your number."

"Yeah," she says. "I did."

We are quiet. It feels strange to learn this bit of ancient history. Though it doesn't feel ancient. It's as if I'm suddenly very far from home and I've stumbled upon my wife, who's out there in the world apart from me.

But I know what she's doing; it's not a confession. I decide to plunge right in. "I think it's two things," I say. I let that sit for a moment, until she says: "You think what is two things?"

"I want Erin to want me," I say. "Because she's done well. We do the same thing. She's successful, and if she is interested in me, it says something about me." We give that thought its due. Then Karen says, "And the other thing?"

"She's an idea. It's not her, exactly. She's an idea." Silence. If my wife were smoking right now, she would be exhaling evenly. I have told the truth, in all its glorious silliness, something that I'd been just as gloriously obtuse to, until my wife managed to wedge it free. Sex may be absurd, but love, as we all find out again and again, really is strange.

### THE TOUGHEST WOMAN TO GET, AND MAYBE

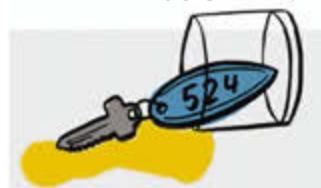
the one we think we really want, is up the food chain from us and therefore won't want us. That's what we assume, and for good reason: It's true. Most of the time, big-deal women get with big-deal men. But what if it just so happens that she *does* want us ...

When we had Erin and some other friends over for dinner for the first time, I gave her a tour of the house. In the dining room, I showed her photographs of Karen's Russian ancestors; suddenly Erin said, "Bob, did you have red hair?" She was staring at a photo from my wedding where I was shaking hands with my father. I picked it up and we examined it together. My hair has always been brown, though now it is salt-and-pepper. In the photo, it's another, foreign color: "I guess I did," I tell Erin, as if I've discovered some fundamental truth about myself. "I guess it was red once."

No more of that. Though my wife is still skeptical. She's sure that Erin is no mere idea. I spend my days home, alone, working, while my wife is off at her job. But a warning has come, courtesy of my brave new life, where anything seems possible: I'd better know who I am. ■

## 3 WOMEN YOU FANTASIZE ABOUT

TEMPTED? IMAGINE  
THE WORST...AND THEN  
KEEP IT IN YOUR PANTS.  
HERE'S WHAT MIGHT  
HAPPEN IF YOU GIVE IN.



### THE STRANGER AT THE HOTEL BAR

YOUR FANTASY You're on the road. A cutie makes it clear she wants you. That king-size bed in 524 beckons.

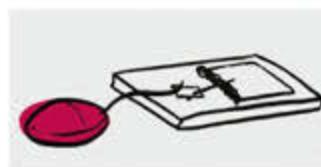
PICTURE THIS Explaining genital herpes to your wife (condoms aren't fool-proof, dude). Worse, your fling could turn into a cling, says Helen Fisher, Ph.D., author of *Why Him? Why Her?* Hey, look: a new friend request!



### YOUR COWORKER

YOUR FANTASY You're "work spouses." One happy hour, your knees touch, you get the tab, and then...

PICTURE THIS A martini in your face. Men tend to be more attracted to female pals than vice versa, the *Journal of Social and Personal Relationships* reveals. And just wait till she tells her loudmouth BFF in Accounting.



### AN ONLINE RANDO

YOUR FANTASY This woman really does want a no-strings fling, and she really is as hot as the photo in that pop-up Ashley Madison ad.

PICTURE THIS She asks, "Cash or credit?" Even if she's not a pro, she may not want to let go, Fisher says. Sex hijacks the brain with dopamine, leading to feelings of attachment.

# Attack of the Sex Killers!

When foreplay and a few candles won't do the trick, try these moves to overcome the most common bedroom obstacles.

BY ELIZABETH LAWSON



## SOMETIMES SEX ACTUALLY WORKS THE WAY IT DOES IN THE MOVIES:

You throw open the door, her heels fly off, you shatter a vase (not again!), and she climaxes in two minutes—so loud the doorman knows. But more often, it doesn't go quite so right. Life can be a libido killer. The kids barge in just as things are heating up, or that whiskey and Coke messes with your swizzle stick. (We've all been there.)

Here's what you need to know: These little problems are perfectly normal and could even turn out to be positive for your relationship if you use them as opportunities to try new things in the bedroom, says sex therapist Megan Fleming, Ph.D., founder of GreatLifeGreatSex.com. In doing so, you'll mount a rescue mission for her arousal—and yours.

Ready to break down the door to a better sex life? Consider these your keys to fewer problems—and more broken vases.



### Sex Killer 1 / You're Both Totally Stressed Out

Bad news: You want sex to relieve tension, but your mate may avoid it because stress kills her desire, says Mary Jane Minkin, M.D., a clinical professor of obstetrics, gynecology, and reproductive sciences at Yale.

► **THE FIX** Talk to your harried honey about carving out specific windows of time that you each can devote to your "have tos." Do all your worrying then, which will leave your sex life stress-free, suggests Madeleine Castellanos, M.D., the author of *Wanting to Want*. That way you can relax and let the tension-busting benefits of lovemaking be a happy side effect.



### Sex Killer 2 / She Experiences Pain During Sex

Doing the deed can start to feel like a chore if it hurts. Pain upon penetration is typically due to dryness or a vaginal infection, says Dr. Minkin, but you shouldn't rule out a more serious issue.

► **THE FIX** She should see her M.D. for a diagnosis. Meanwhile, try a quality silicone lube, like Wet Platinum (stayswetlonger.com); it's slicker than glycerin-based lubes. Squeeze a generous dab onto your fingertip; slowly move your finger into and out of her vagina, coating the inside walls. She may want lube around the opening as well, says Dr. Castellanos.



### Sex Killer 3 / She's a Few Months Pregnant

Expect less if she's expecting. In a *Journal of Sexual Medicine* study, 42 percent of pregnant women said they felt less attractive, and one in four said their partner's desire dipped during pregnancy.

► **THE FIX** Pick the most comfortable sex positions for her—doggy-style and woman on top. Both showcase a perk of pregnancy: She may gain about 2 pounds in her breasts alone. Nipple sensitivity also skyrockets, but it can cause discomfort, warns Katherine Rachlin, Ph.D., a New York City sex therapist. Coat your fingers with body oil and then massage her whole breast.

**DOGGY-STYLE AND WOMAN ON TOP SHOWCASE A PREGNANCY PERK: SHE MAY GAIN 2 POUNDS IN HER BREASTS ALONE.**

Styling: Stephanie Tricola, grooming: Laura Shelly/Laura Marier and VRB by Vaughn/Exclusive Artists Management, manicure: Mayumi Abuku/Rona Represents, location: The Smyth, a Thompson Hotel



## ARE YOU A PERV?

LET M/S SEX ADVISOR DEBBY HERBENICK, PhD, MPH, MAKE THE CALL.

**I got a bit aroused by a mannequin in Victoria's Secret.**

PAUL, DETROIT, MI  
Unless you're bidding on eBay for that hunk of plastic, your reaction is normal. Mannequins are meant to display lingerie in the most titillating way possible and make you imagine ripping it off your girl-friend's body. And it works! Research shows that we spend freely when we're aroused—just ask any stripper. So you're not a perv, but you might be a sucker if you reach for your wallet.

**I'm 25, but I want to have sex only with women who are twice my age.**

BILL, SYRACUSE, NY  
Unusual? Well, yes. Perverted? Not quite. Liking older women isn't wrong; lots of men enjoy "age discrepant" relationships. What matters is how you feel about your attraction to them, so ask yourself if it bothers you. Also consider whether your desire conflicts with the kind of life you might want—say, a family with kids. If either of those issues gives you pause, hold off on texting Jennifer Aniston and make a date with a therapist instead.



### Sex Killer 4 / The Kids Never Leave You Alone

Screaming, whiny kids don't make for the best soundtrack for seduction, and if your partner is the primary caregiver at home, she may have trouble transitioning from diaper changer to seductress.

► **THE FIX** Turn your bedroom into a boudoir. "Make space for sex to happen by protecting your space," Dr. Castellanos says. Tell your kids that your bedroom is an adults-only zone. And give Elmo the boot too. "If toys are lying around, it's hard for her to step out of the caretaking role," she says. "Sometimes you need to physically separate in order to mentally separate."



### Sex Killer 5 / You've Had a Few Drinks Too Many

Even if you're not completely sloshed, your hardware might be temporarily out of service. "Alcohol depresses the nervous system, so men may have difficulty reaching orgasm," Dr. Castellanos says.

► **THE FIX** Your inhibitions are lowered, so suggest a crazy sex move from your playbook. "You already have muscle memory for it, and you know it's fun," says Fleming. Too wiped? Stand up, but prop your hips on the corner of the mattress, with her on her back in front of you. In this position, you don't risk nodding off (as you might in missionary) but still have support.



### Sex Killer 6 / Your Sex Life Lacks Spark

Not missionary *again*, you think. Every couple is susceptible to predictability between the sheets. But while the same old moves may feel safe, they'll eventually lead to bedroom boredom.

► **THE FIX** Prime yourselves for arousal by squeezing in a workout, masturbating on your own, or reading erotica. "When you come together, you'll both be sexually alive and can spark with each other," says Rachlin. Then take turns touching and exploring, talking about what feels good. Use the answers to help both of you find some new go-to moves.

# THE GIRL NEXT DOOR

Sex, dating, love, and lust. Ali Fedotowsky will now take your questions.



## My girlfriend doesn't like the lights on during sex. What can I do to make her feel less self-conscious?

MATT, LAS VEGAS, NV

Look on the bright side: You two are doing it regularly, right? So you've established a mutual comfort zone. Now you just need to expand it. Compliment her body every chance you get. Linger over it. Tell her how hot her ass looks in that new lingerie. The more you prove that you want her, the more likely she'll be to let you see the light.

### My wife wants to apply for a job at my company. I want more space. Can I ask her to hold off?

JASON, OMAHA, NE

Yes, with reservations. On the one hand, time apart is good for a relationship, and you two won't get much of that if you're passing her cube on the way to the Keurig every day. But before you try to talk her out of it, do a little informational interview. Question one: Is this her dream job? If it is, then the topic should be about setting office boundaries and sticking to them. Because wouldn't you rather bump into a happy mate in the break room than live with a resentful one back home?

### A relative recently left me a big sum of money. Do I tell my fiancée right away?

JEFF, PHILADELPHIA, PA

Why wouldn't you tell her? Look, this isn't some girl you swiped right on Tinder a few minutes ago. She's the woman you'll be sharing your bed and bank account with for the rest of your life. And I don't need a Ph.D. to know that money is the number one thing that couples fight about. So unless you're planning to spend that cash on a bigger rock or a couples massage, sit down with her so you two can figure out—*together*—what to do with it. Because in a few short months, that little windfall won't be yours alone to blow.



### She says my burping and farting is gross. I say she's being too uptight. Who's right?

LUKE, HOUSTON, TX

She's right and you're wrong. Sorry, buddy, but I'm a firm believer that those belches and farts are *Dumb and Dumber* material and best saved for private moments—or maybe poker night. Your pals may sanction your desire to let one rip, but your girlfriend thinks it's rude and lowbrow, and it turns her off. Keep breaking wind, and it may not be long before she breaks it off.

### We both resolved to slim down, but she hasn't budged. How do I help get her off the couch?

JACK, BOISE, ID

Tell her to get her lazy butt to a Pilates class! Wait, don't do that. Ever. Instead, say it'd be fun to go kayaking some weekend, or rent a couple of mountain bikes. Surprise her with a pair of passes to a climbing gym, or go for a run in the park and then grab burgers—uh, I mean smoothies. Disguise heart-pumping activities as dates, and you'll give her motivation to move. Just don't be surprised if the *real* workout happens when you hit the showers after the sprint home.

Follow Ali on Facebook at [MHGirlNextDoor](#), and on Twitter at [@AliFedotowsky](#).

## FOUR DATES YOU SHOULD NEVER FORGET

THERAPIST ROBERT TAIBBI, L.C.S.W., SUGGESTS A FEW SUBTLE CELEBRATIONS TO EARMARK.



### WHEN YOU MET

Pull up a stool at the pizza joint where you first flirted, says Taibi. Or do one better: Make the pie at home and skip dealing with the grouchy counter guy.



### HER BIG PROMOTION

She killed it, so raise a glass, says Taibi. Try: "I knew this would be a big change and hard work, but it's paid off. I'm proud of you." Now pop that bubbly.



### WHEN YOU MOVED IN

Surprise her with an upgrade to your abode: Plant a tree in the yard, buy that piece of art she's had her eye on, or spring for luxury sheets. (Then test 'em out!)



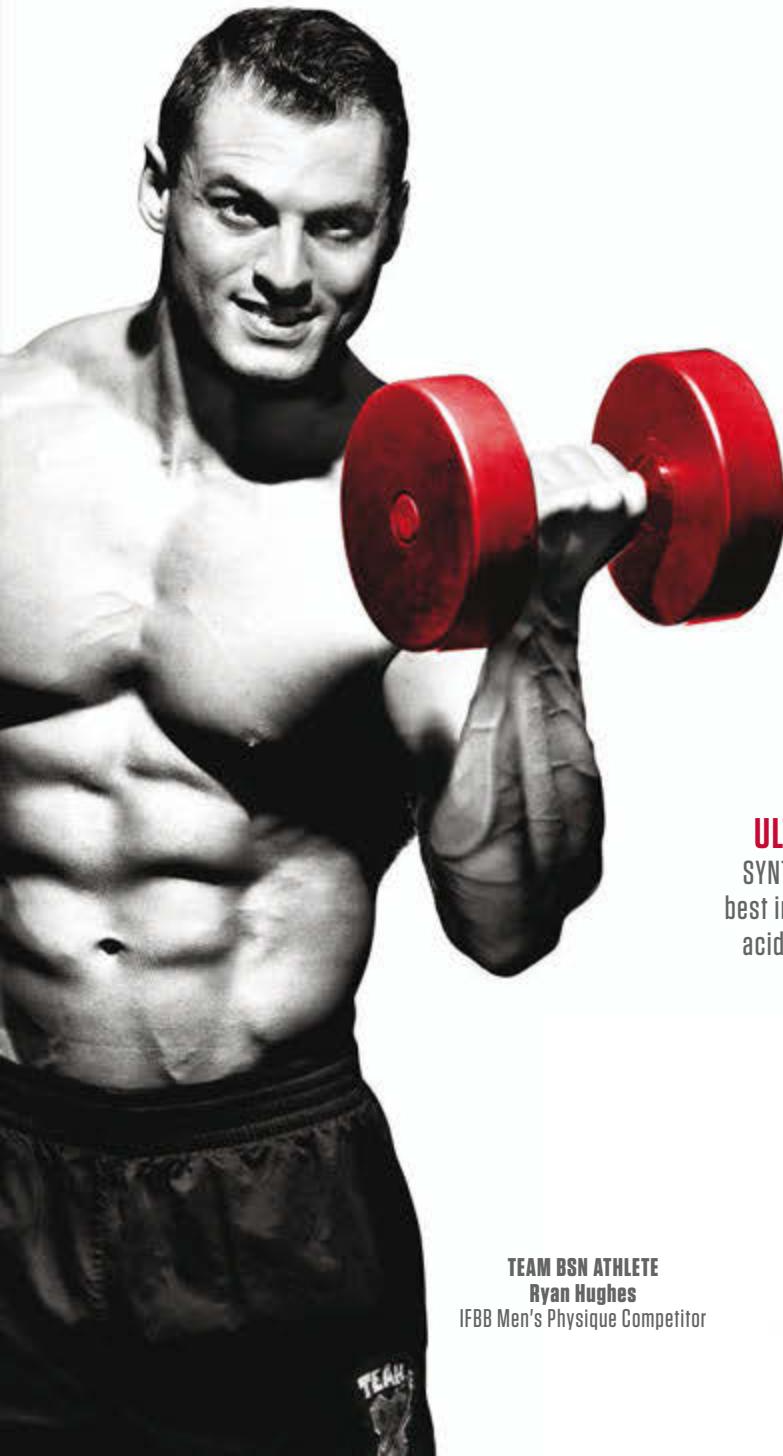
### HER MOM'S BIRTHDAY

Cute, right? But seriously: Help her mom kick back, and maybe toss in that new Amy Poehler book she wants, and you could earn a powerful ally.



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# THIS FLIGHT



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ENJOY YOURSELF—IT'S GOOD FOR YOU!

## The Cure of the Open Road

**Hitting the highway with no destination in mind might be the stress-busting therapy you're missing. BY ERIC ADAMS**

**I FOUND THE ROAD BY MISTAKE.** I'D GONE OUT for a brief drive late one Saturday morning last spring and, suddenly itching for a bit more alone time, decided to investigate a state park I'd heard good things about—170 miles away.

So I drove. And drove—down the interstate, onto rural routes, and through twisty back roads in the forests of north-central Pennsylvania, for no other reason than that I had an urge.

Wrapped up in my meditative solitude, I missed a turn and found myself at the head of a blocked-off road. The barricade bore a "Local Traffic Only" sign, and beyond it stretched a strip of fresh, inky asphalt, winding and unblemished. They hadn't even painted the double-yellow yet. The virgin road beckoned.



**OPEN IT UP**  
A fast car on  
an empty road  
fills many  
male needs.



**F** After deputizing myself as someone with local stuff to do, I slithered my Audi S7 past the barricade and thundered down what turned out to be 5 miles of empty, tree-lined curves.

I cued up a fast beat on the stereo and cranked it. The car growled through every arc, and the sun cast a high-speed flicker of shadows from behind the bare trees. It was fun. Exhilarating. And when I hit the end of the new asphalt, I wasn't ready for the adventure to be over. So I turned around and did it all again—twice.

This is the marvelous thing about automobiles. You can set off for somewhere in no particular hurry, find a diversion, and explore. Even if you don't find your own private racetrack, that's okay, because if you're drawn to the road, the drive is the prize. It could be a quick lap around the neighborhood to untangle some mental knot, or a spontaneous, hours-long tour through Nowheresville for some torque-inspired con-

templation of life's mysteries. If you own a set of keys, you can buckle up, take off, and solve your problems anytime you feel like it.

When the topic of driving came up in a thread on Reddit last year, hundreds of users chimed in to proclaim their enthusiasm for road blazing, often without a destination and simply to unwind. "My car is my therapist, the drive my therapy, a good playlist the soothing words I need to hear," one user posted. "Anytime I'm upset or just need to think, I just start going and don't stop until I feel better."

Men know this innately: Driving is an activity uniquely suited for mental percolation. "Going out for a drive lets us reflect and come back with greater insights," says Eric Klinenberg, Ph.D., a professor of sociology at New York University and the author of *Going Solo*. "There's something about being in the driver's seat—with the sense of control it affords—that lets you think productively and solve problems."

Science has his back here: In a 2012 study from George Mason University, researchers

found that when it comes to brainstorming, individuals are more productive than teams, thanks to the heightened ability to focus that solitude provides. If work and family gobble up your mental bandwidth, a Saturday morning drive—or hell, a lunch-break cruise—might be your only chance to clear your head so you can actually hear your inner monologue.

"People long for productive solitude, time to be alone in their heads to work through problems without the distraction of social media and e-mail," Klinenberg says. "We need time and space to reflect on who we are and where we're going in our lives, and how we can change the things we want to change."

There's a restorative quality here too. While research has linked long commutes to stress, depression, and anxiety, driving simply because you want to has the opposite effect: It makes you feel good. And that's even more true for guys who really care about their machines.

"The car functions as an escape vehicle for many people, especially young men," says



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## WHEN YOU DRIVE, YOU PUT METAPHORICAL MILES BETWEEN YOU AND YOUR PROBLEMS.

Leon James, Ph.D., a professor of psychology who studies driver behavior at the University of Hawaii. "It can restore the feeling of freedom. The movement of the car in the turns and the desire to feel the engine obey the driver are part of the fun."

Given my own shredding of those forest roads in Pennsylvania, I can hardly disagree. It's hard not to imagine myself as the next Jimmie Johnson after I stitch together a fast-moving sequence of back-road S-curves. And the stability control and suspension systems in many modern cars make that fantasy even more vivid.

Try it: Push your car through a few deserted twisties and you'll develop a better handle on your vehicle's capabilities and limitations, as well as your own. This can even be helpful in a crisis. Want to know who told me this? Jimmie Johnson. "Assertive, confident drivers who've pushed their limits are safer than timid, uncertain drivers," the Nascar champ said when I asked him what it was like to drive alongside us regular schmoes in his daily life.

I'm sure Jimmie sleeps better at night just knowing I'm out there.

Ultimately, reaching automotive bliss is about fine-tuning your own experience, and that's where the solo drive is most useful. As much as I love road-tripping with my family, I wouldn't have barreled down that slice of paved paradise if my wife and daughters were with me. And I certainly wouldn't have done it three times in a row. Only in solitude could I truly immerse myself in the experience. "Being alone in the car is part of the attraction," James says. "Going where one pleases is another part."

So what's your ideal escape? Maybe you see yourself in a pickup truck on a dirt road, blasting Metallica. Or maybe it's a Porsche 911 with the equalizer optimized for Daft Punk as you cruise along urban streets. Or if you're a sophisticated type, you may see yourself in a Lexus, playing Vivaldi on a jaunt through Big Sur. When you drive, you think. You imagine. You get into character, sing along to the music, and put metaphorical miles between you and whatever it is that was bothering you back at the starting line. A drive is a short escape, but it's meaningful. And to the man with a car, it's always available.

My own Pennsylvania route was hardly the Pacific Coast Highway, but the drive was exciting and invigorating and wildly different from my daily commute. It took me to a new place—and not just literally. All I had to do was turn the key, hit the gas, and open my mind. ■



### FIND YOUR DRIVE

WE ASKED SOME HARD-CORE CAR GUYS ABOUT THEIR FAVORITE STRETCHES OF PAVEMENT. IF YOU'RE NEAR ONE OF THESE, DRIVE IT. IF NOT, KEEP EXPLORING UNTIL YOU FIND YOUR OWN ROUTE.

### The Tunnel Bender

FROM SANTA MONICA, CA  
50 MILES

Take the Pacific Coast Highway north, turn right onto Kanan Dume Road in Malibu, and start carving curves through the canyons. You'll reach a double-barreled, 558-foot-long tunnel and half expect to see the Road Runner. In that tunnel, the exhaust of my Jaguar F-Type echoes like a Gatling gun. Once through it, you can follow Kanan Dume up to the 101, back to Santa Monica, but I usually turn around, go through the tunnel again, and take the PCH back.

—ADAM FERRARA, COMEDIAN, ACTOR, COHOST OF TOP GEAR U.S.

### The High Road

FROM DENVER, CO  
46 MILES

Head west on I-70; then take State Highway 470 south to connect with U.S. 285 and go west. There you'll find a hilly stretch of clean asphalt that curves through the Rocky Mountain foothills and around looming boulders, ultimately delivering you to the town of Bailey, Colorado. I'm convinced that this is the drive my Mustang Shelby was made to take. And I always look forward to what's at the end of the road: fly-fishing on the South Platte River.

—JOHN WEBB, 2015 CHICAGO AUTO SHOW CHAIRMAN

### The Lakeshore Rush

FROM TOLEDO, OH  
117 MILES

Drives along the water are great, but often you find yourself sharing the road. It's different in Ohio. Highway 2 along Lake Erie is the perfect two-lane road for opening up the throttle on a Harley and pushing it past its limit. From Toledo to Cleveland, you'll have nothing but calm, blue freshwater on your left. On your right is pure heartland—farms, small towns, and open land for miles and miles. This ride is an indescribable rush. Every one of your senses heightens.

—JAY ELLIS, STAR OF BET'S THE GAME

### The Ozark Circuit

FROM BRANSON, MO  
214 MILES

Get on Highway 76 south-east, shoot down the 160 and 125, and then follow 123 to 74 right into Jasper, Arkansas. I suggest you stop to refuel with a cheeseburger and garlic fries at Jasper Mercantile. Then take 74 west to 43, 103, 311, and then 86 to get back into Branson. The loop takes about 5½ hours and carries you through the Ozark National Forest. Like any good drive, it clears your mind and connects you to both the road and nature.

—DAVY JONES, FORMER RACE CAR DRIVER

### The Backwoods Maze

FROM READING, PA  
13 MILES

Before racing at the Maple Grove Raceway, I race on the roads around it—and I haven't found a straight one yet. A favorite: Follow Route 422 west to Museum Road, make a few quick turns on Wyomissing Avenue, and then take Alleghenyville to Maple Grove Road. Then explore. The roads are crazy narrow and twist up through the woods. I turn on the GPS in my rental car (I always ask for a Dodge Charger or Challenger) and make up my own path as I go.

—MATT HAGAN, TWO-TIME NHRA FUNNY CAR WORLD CHAMPION

# It's Easy to Watch & Buy

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► **WHAT THE HELL IS KBPS?**

Kilobits per second is the data rate at which you stream music. A lower number represents more data compression, which means lower fidelity, says Wieslaw Woszczyk, Ph.D., an audio technology researcher at McGill University in Montreal. Stick with 256 Kbps or higher. Pandora maxes out at 192, but premium services from Beats Music or Spotify offer 320.



**LOUD AND PROUD**  
With 200 watts of peak power, it's guaranteed to piss off your neighbors.

## Rock Your House: No Wires Required

Tired of compact speakers that sound like walkie-talkies? Us too. So we auditioned the latest wireless options and found three that aced our aural exam.

### Marshall Woburn

**BEST FOR: DISTORTION FANS**

Even at high volumes, the Woburn handles Jack White guitar licks exceptionally well. It also earns style points for the wood cabinet, vinyl casing, and throwback EQ knobs. Plus, it gives you headphone, RCA, and optical cable input options, so you don't have to toss your non-Bluetooth-enabled devices. \$600, [marshallheadphones.com](http://marshallheadphones.com)

### Bluesound Pulse

**BEST FOR: AUDIOPHILES**

No speaker we tested presented a more balanced sound. It's even worth suffering through the tricky Wi-Fi setup. Bluesound's app won't stream Pandora, but it does handle Spotify, Rdio, and the high-bitrate service Tidal. Sync with other Bluesound speakers, and you can rock every room in your house. \$700, [bluesound.com](http://bluesound.com)



### Denon Heos 7

**BEST FOR: TECHNOPHOBES**

Denon scores points for simplicity: Wi-Fi setup is painless, and the streaming app is intuitive. Like the Pulse, the Heos 7 can sync up with other speakers, but the floorboard-rattling bass is its most impressive feature: This rig puts out a low end that's far bigger than you'd expect from such a small speaker. \$600, [usa.denon.com](http://usa.denon.com)



# INSIDE OUT EVENTS & PROMOTIONS

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about taking  
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## Read the Vine Print

The secret of second labels.

**NOT ALL GRAPES ARE DESTINED** for greatness. The best winemakers know this: Very little of their grape harvest ends up in their expensive flagship bottles. One way they use the rest is in second-label wines, which sell for a fraction of the price of those marquee vinos.

These second-label wines are a tremendous value. The grapes are still high in quality but come from younger vines, says Jeff Porter, beverage director for the Batali & Bastianich Hospitality Group. The upshot: Second-label wines are less complex and need no cellar-ing. Just buy and drink. Start with these five. —JEFFERY LINDENMUTH

**2013 Dashwood Pinot Noir/**  
**New Zealand, \$18**  
VAVASOUR, \$26

Dashwood contains grapes grown farther from the winery, but it's still aged in French oak. [dashwoodwine.co.nz](http://dashwoodwine.co.nz)

**2011 Vietti Nebbiolo**  
**Perbacco/****Italy, \$25**  
VIETTI BAROLO CASTIGLIONE, \$50

It ages for two years before the wine-makers decide whether it's a first- or second-label wine. [vietti.com](http://vietti.com)

**2011 Numanthia Termes/**  
**Spain, \$29**  
NUMANTHIA, \$60

Termes is made from grapes that spend 16 months, not Numanthia's 18, in oak barrels. [numanthia.com](http://numanthia.com)

**2010 Les Pagodes de Cos/**  
**France, \$73**  
COS D'ESTOURNEL, \$350

This second-label Bordeaux blends Les Pagodes's younger vines of cabernet and merlot. [estournel.com](http://estournel.com)

**2013 Talbott Kali Hart**  
**Pinot Noir/****California, \$21**  
TALBOTT SLEEPY HOLLOW PINOT NOIR, \$42

Both are made at the Sleepy Hollow vineyard, but Kali Hart is more fruit-forward. [talbottvineyards.com](http://talbottvineyards.com)

\*First-label counterparts



## Boost Your Salary by \$33,800

How much are you really worth? Probably more than you're earning now. Here are six easy tricks to help you put more dough in your paycheck.



+\$4,181\*      +\$5,000      +\$4,645      +\$9,290      +\$8,361      +\$2,323      **\$33,800 TOTAL**



### Ask the Boss for a Million Dollars

When asked what kind of salary you're looking for, say "A million bucks would be nice." In a University of Idaho study, people who jokingly asked for a mil ended up with 9 percent more cash than those who made realistic requests. Why? The figure you throw out, even if it's absurd, serves as a psychological starting point for counteroffers, says study author Todd Thorsteinson, Ph.D.



### Don't Accept the First Offer

"An employer does not want to start the search process all over simply because you ask to negotiate," says Crystal Harold, Ph.D., of Temple University's Fox School of Business. Harold's research reveals that people who counter an initial offer earn an extra five grand, on average. Check sites like salary.com to find what your experience is worth, and mention that number during negotiations.



### Stop Blowing Off Your Workouts

Think of that gym membership as an investment, not just an expense. People who grind through three or more workouts a week—whether they're overweight or not—earn 10 percent more than those who never exercise, a Cleveland State University study found. Of course, those gym sessions could also improve your attitude, energy, and even intelligence, the researchers say.



### Talk to the Competition

People who jump companies are paid 18 to 20 percent more than those who climb to similar posts internally, according to Wharton School figures. Not ready to move on? You can try to leverage an outside offer for a pay bump at your current job, says study author Matthew Bidwell, Ph.D. But first do some recon: If the gambit failed for any former colleagues, you may risk an abrupt firing.



### Be the Glove, Not the Punching Bag

Guys who are too agreeable can get screwed. A study from Cornell reveals that people who are competitive, aggressive, and even arrogant earn 18 percent more annually than their "nice guy" colleagues. They're also more likely to land management posts. No, you don't have to act like a dick. Just stick up for your ideas and self-promote, suggests researcher Beth Livingston, Ph.D.



### Buy a Better Razor—and Use It

A well-groomed face makes you appear more driven and professional to employers, according to University of Miami research. That's why tidy-looking guys bring home 4 to 5 percent more bacon than their Sasquatchian colleagues. If you're trying to camouflage a baby face with fur, at least shave your neck and use an electric trimmer to tame those wild patches.

—K. ALEISHA FETTERS



## WHAT OUR EXPERIMENT ABOUT OPTIMISM MEANS FOR YOUR FUTURE.



Prudential recently asked people from around the country to share important events that happened to them in the past, along with ones that might happen in the future. We displayed thousands of their answers and discovered an interesting fact: While the past was an even mix of good and bad, our participants believed that the future would be mostly good.

Behavioral scientists call this “optimism bias,” and it’s a major reason why many people fail to plan for risks they’ll likely face in the future. So talk to your financial professional to learn how Prudential can help you protect against whatever tomorrow may bring. Hope for the best. And plan for the rest.

**TALK TO YOUR FINANCIAL ADVISOR OR VISIT [BRINGYOURCHALLENGES.COM](http://BRINGYOURCHALLENGES.COM)**

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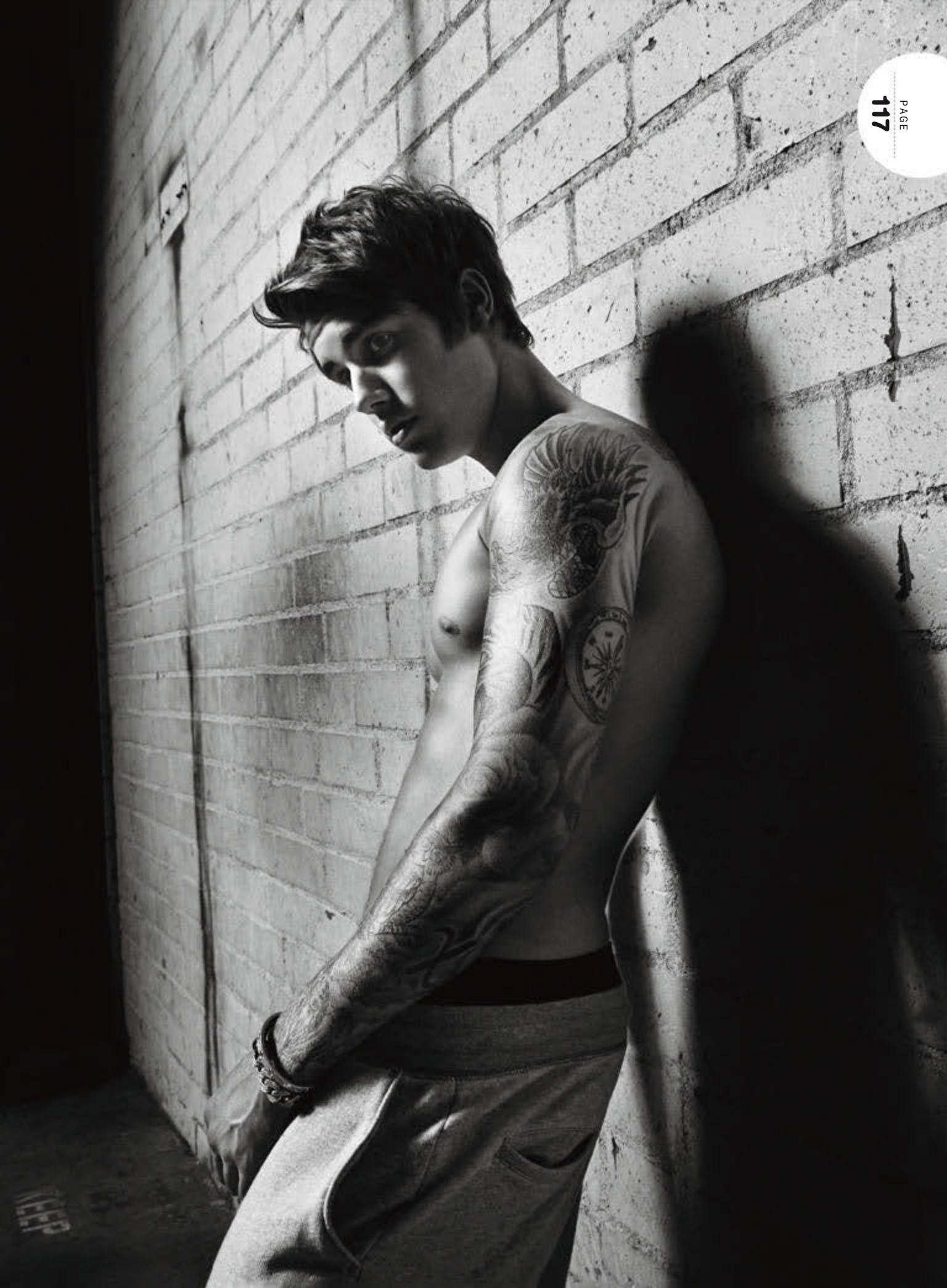


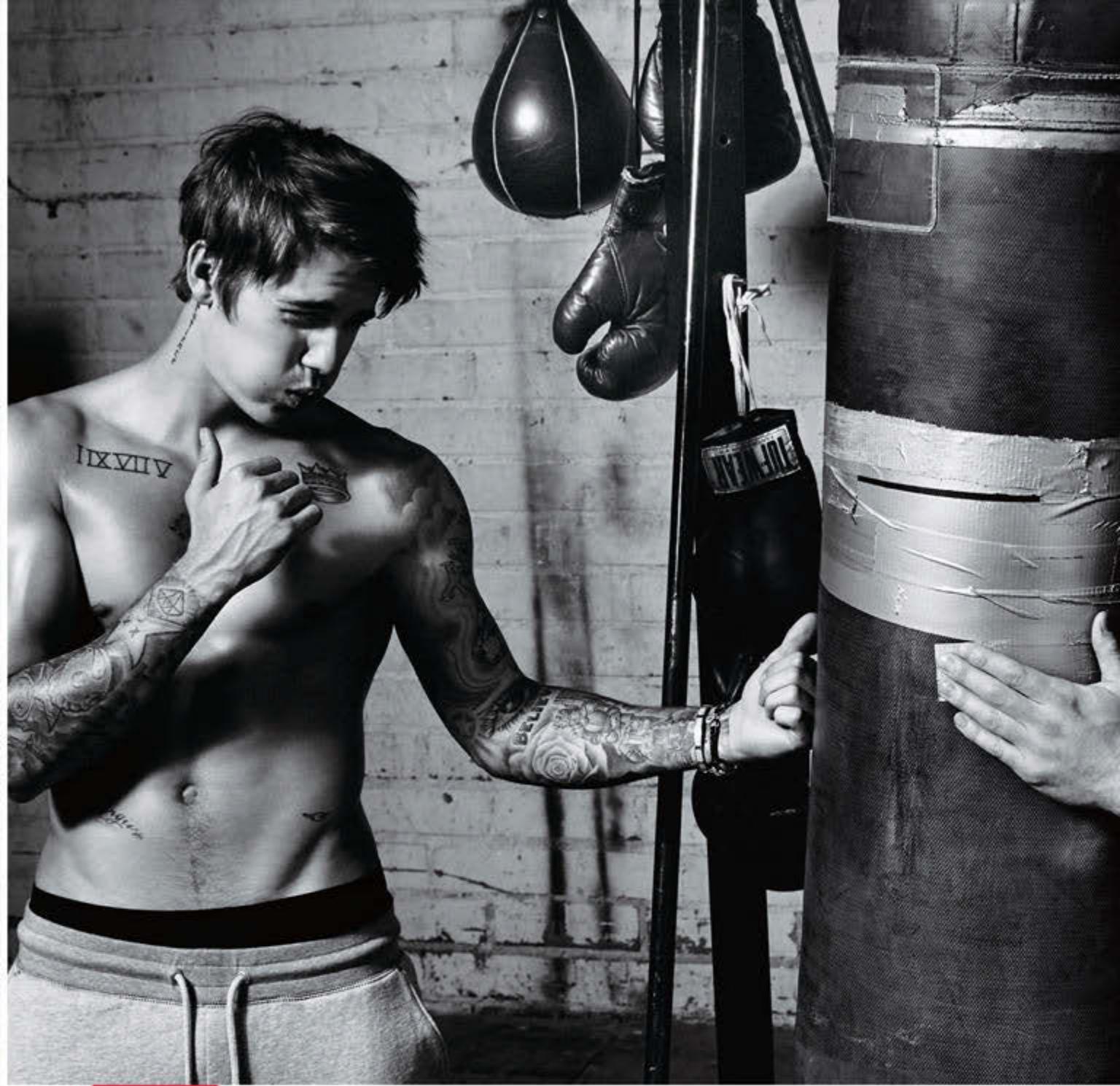
WE'VE ALL WISHED  
FOR DO-OVERS IN OUR  
LIVES, A CHANCE TO  
SAY "WAIT, THAT ISN'T  
ME. LET ME PROVE IT."  
NOW IT'S TIME TO  
DECIDE: DOES JUSTIN  
BIEBER GET HIS WISH?

# THE REINVENTION OF JUSTIN BIEBER

By Oliver  
Broudy

Photographs by  
Peter Hapak





ON AN EARLY SATURDAY AFTERNOON IN BEVERLY HILLS, THE HOT STREETS ARE THICK WITH SLICK RIDES AND THE SIZZLE OF FAME. THE SKY IS AN OPULENT BLUE AND FEELS HIGHER SOMEHOW, SO THE SOUNDS ECHO AND DRIFT AS THEY DO ELSEWHERE ONLY IN THE SUMMER AT TWILIGHT. A MIDDLE-AGED MAN CROSSES RODEO DRIVE TOTING A BLACK-AND-GOLD BULGARI SHOPPING BAG NO LARGER THAN AN APPLE. TOURISTS GABBLE AT THE WINDOWS OF HIGH-END BOUTIQUES WHERE THE CLERKS MAINTAIN A DESULTORY DISTANCE FROM THE SINGLE SHOPPER BROWSING \$600 JEANS.

Outside a Saint Laurent store there's a commotion. In any other neighborhood it might signal an escalating argument or brewing brawl. But here there's no mistaking the thrill that ripples the crowd. Who is it? *Who? Who?* And as the paparazzi muscle for angles and the well-known name is passed around, you find yourself feeling faintly repelled.

It's not that you don't like Justin Bieber. You actually find him offensive. Why? Because his success primarily depends on skillful producers and shrieking tweens? Because he managed to steal the attention of half the planet's girls by basically becoming one of them?

Or maybe it's just that he's never had to deal with all the crap the rest of us have. Like public transportation. Job interviews. Getting fired, or dumped, or ignored at the bar. Mowing the fuck-



#### UPGRADE YOUR IMAGE

### Step 1. Pick Role Models

Create a mental picture of how you would like to be perceived. "Think about the men you really admire and their traits you'd like to emulate," says Dorie Clark, author of *Reinventing You*. Pay attention to the way they use these qualities to their advantage, and ask yourself how you can do the same. Just make sure

the role models aren't a 180 from the old you, says psychologist Ann Demarais, Ph.D., author of *First Impressions*. "That's going to come across as inauthentic."



**INSIDE SAINT LAURENT, \$1,000** ankle boots sparsely line the white shelves. The latest Parisian fashion hangs from racks suspended from the ceiling. At the end of the shop, a black-and-white shot of Val Kilmer's son covers an entire wall. It's quiet. There's no sign of the Biebs.

Suddenly your phone starts blowing up, like somehow it knows he's near. Then one of his crew appears and leads you to the changing room in back. The pop sensation stands before a seven-paned hemisphere of mirrors with his arms crossed, trying himself on. He's rocking the skater look he picked up a few years ago, with calf-length black shorts, a nightie-length black tee, and a Brooklyn Nets cap turned backward. A diamond cross hangs from his neck. "Prince Johnny" by St. Vincent wafts from invisible speakers.

You recognize the caterpillar eyebrows, the pouty lower lip. But the rest of him is rougher than you'd expect. Scrappy. Like a tuber before it meets the sous chef. His skin is patchy in places, a bitch to shave. For some reason you think of a video game you once played, when you met the boss at the final level.

He nods at a black leather jacket with gold piping hanging on a nearby rack.

"How cool is that jacket?" he says. "That's on the men's runway right now?"

A young clerk in skinny jeans pulls it for him.

"Uh huh," she says. "It was spring-summer '15."

"Awesome."

The clerk leaves to fetch a larger size.

*Prince Johnny you're kind but do be careful...*

"So Saint Laurent is very cowboy-inspired,"

Bieber begins. "And really manly. It's one of my favorite brands."

More merch appears as you settle in to observe. A new jacket and a pair of high-tops with suede fringe at the heel. The clerk kneels to place them before his Biebitude, deftly reaching around with one hand to keep her jacket from riding up and revealing her butt crack.

*When all your friends and acolytes...*

"Yeah, you know I'm just getting bigger, man," Bieber says, explaining his need for new duds. "It's like, my shoulders don't fit in some things."

He twists into the new jacket.

"I had a stylist," he goes on. "I don't have a stylist anymore... I've been styling myself for the past few years, just because I know what I want now... I'm grown up, so I want to take initiative."

There's your problem right there, you're tempted to say. But don't. Because really, you don't want to be a dick about it. And what would be the point?

Bieber tries on a few more items.

"So I'm probably gonna head out with the blue jeans, the brown shoes, the red shoes and that's it."

A brace of bodyguards materializes—a neat trick, given their size. Together they resemble nothing so much as a pair of bridge pylons.

"Give me two seconds," one of them says. "Because the paps are all right in the window."

The clerk hands Bieber a \$1,000 hat to cover his face—the kind of thing Richie Sambora used to wear in the early Bon Jovi days. His team assumes a SWAT formation and piles out the rear door.

Bieber crouches after the bodyguard as the shouting starts. Behind him comes Ryan, a pal from way back. They wind around an open car door and plunge inside. Paparazzi and groupies mash against the windows.

Bieber raises his knuckles to the tinted glass as the car—a Rolls Phantom—slides out of the alley and onto South Santa Monica.

**"SO I HAD A NECK INJURY ABOUT A YEAR AGO,"** Bieber begins, leaning back in the richly upholstered seat, his voice a low croak. "I landed on a trampoline on my neck, doing a backflip, and my neck has been messed up ever since. And this chiropractor who I found, he's amazing. He does all the Clippers. I got the connect from Denzel Washington."

You listen. Because there is something interesting about the kid. What's interesting is that he's a 20-year-old pop star, surrounded by lackeys and asshats, and somehow trying to tackle the very private question of how to become a man.

Watching it is painful, like watching a skunk attempt to work loose from a bear trap. But there's something fascinating about it as well. It turns into a kind of dark sport. And if you watch long enough, you can't help but think *Jaysus, if I only had five minutes with the kid...* But what exactly would you say? And could he even hear you if he hasn't learned to listen yet?

Biebs massages his neck. Someone recalls a scene from his second movie, which shows him doing flips on a hotel bed. He's quiet for a long moment.

"It's funny," he murmurs. "I still feel... like a kid. I just still feel young. I don't feel like I'm almost 21. At all. It feels like yesterday I was doing those backflips on the bed."

The silence stretches out. But then his mood seems to lighten. "Chugging Red Bulls," he says,

ing lawn. This is a kid who had his bodyguards carry him up the Great Wall of China. Everything was handed to him. And now he's a big boy and he thinks manhood is going to be handed to him too. And you're like, no, dude. No.

On Rodeo, the crowd adds ranks. The 15th d-bag of the day revs the engine of his rented Bugatti. Around the corner, wannabes crowd the tables of Villa Blanca, the restaurant owned by that woman from *The Real Housewives of Beverly Hills*. The phoniness is everywhere. And maybe this is why the Biebs is disliked so much. With him it's as if all that phoniness is gathered together in one place.

You could keep walking. But suddenly you've got this fierce need to know if there's anything real behind that celebrity facade. And what if there was? Would that change anything?

# HE'S TRYING TO FIGURE OUT HOW BIG HE CAN BE. BIGGER THAN OBAMA? BIGGER THAN MICHAEL?

elbowing Ryan. "Me and this guy. Like, chugging eight Red Bulls for fun."

"Yeah, those were the fun times," Ryan says wryly. "Now it's reality. Now we're adults."

It's quiet again as the great car banks onto South Beverly. Biebs bought Ryan a Mustang for his birthday several years back. Now he's helping him become a Hollywood director.

"There's a part of me that I don't ever want to grow up," he says, in his soft voice again. "I want to always remain...to have that sense of purity inside of me where I don't...I don't want to lose that sense of purity."

The car comes to a stop across the sidewalk outside a modern multistory building. The steel garage door is shut. Some paparazzi have already arrived. The Biebs is still in his ruminative zone.

"You ever notice how, like, smells and stuff bring you back to old times?" he says.

The garage door opens, and the Rolls eases in. An elevator leads to the second floor, where a woman is emerging from the chiropractor's office.

"Bye," she says over her shoulder as she brushes past us. "Thank you."

In the empty waiting room, the Biebs shares how he beat up two of his bullies in the sixth grade.



UPGRADE YOUR IMAGE

**Step 2.  
Enlist Critics**

While you don't need to broadcast your transformation ("Hey, world! Look at me! I'm changing!"), there's value in looping in a few trusted people, Demarais says.

These confidants will be able to give you a heads-up if you start reverting to your old behaviors, and at the same time provide encouraging "attaboy's"

when you trot out the new ones. "Then you can feel more skilled and comfortable taking the behaviors to a broader audience," says Demarais.

"I was a pit bull," he says. "I was small, but I could hold my own."

It seems to match his current image, as a scrapper. But this doesn't sit right with Bieber.

"Maybe that's like a cover-up for me *not* being tough," he says, in his soft, sleepover voice. "Like the tattoos and stuff? Maybe that's like a cover for me being a softy."

And you listen. Wondering what to think. How to judge. As if manhood were yours to bestow.

Meanwhile a door opens and the chiropractor, Dennis, emerges. "All right, my man," he says. Dennis is an affable guy in his 60s, the kind of dude you can easily picture padding barefoot around a mansion in the Hills. Like maybe one of those 10,000-square-footers with its own orange grove.

We move into Dennis's office, and Bieber climbs onto the padded table. Dennis begins working his ankle, which the Biebs sprained playing soccer.

"Did you recognize Demi?" Dennis asks. "You didn't recognize her, did you? That was Demi Moore who left when you came in. She's just... man, she's really gone through a lot."

A pause ensues.

"Great girl," Dennis concludes.

You wonder at the phrase. Didn't Bieber say the same thing about Anne Frank, in that unfortunate comment he left in the guest book at the Anne Frank museum?

Poor Demi. Nursing a vague sense of loss at not having recognized her, you observe that maybe the Biebs has something to learn from Demi about how to get around unnoticed.

"Pssh," he says wearily. "There's nothing I can do."

"No," Dennis agrees, "you're fucked."

Eventually the talk turns to that other pop star, Michael Jackson, whose perfectionism Bieber admires as much as his music.

"I'm a perfectionist too," Bieber says. "It has to do maybe with, before, probably being accepted. You know, maybe people would like me if I was good at things. But then I'm also really just competitive and I like to win. I wasn't fit for school. They make it so everyone's the same and I was so different and so creative. And sometimes I wanted to stand when I worked. And they would tell me, 'Sit down.' And it's like, why?"

"You're a nonconformist," Dennis observes.

"Yeah. I've always been different, and I haven't been afraid to be different."

The silence resumes. You wonder how many true fans have gathered outside the building. When you next tune in, Dennis is talking.

"You were very young when you were tossed into the lion's den, bro," Dennis says, his large hands cupping the underside of Bieber's skull. "Like when you kick a bird out of the nest you hope it can fly? That's kind of like where you were at. You were young. I mean 13 is young. At 13 I had just learned to jack off. If you think about it, right?"

"Yup."

"What relationship skills do you have at 13? Not much."

This lingers a moment before Bieber picks it up.

"I had to grow up so quick," he says. "And it was almost like I grew up for the public but I didn't necessarily grow up. There were things I had to do, as far as the way I had to make relationships, and conversation, but as far as actually growing up, there were a lot of things I missed out on."

The remark gives you pause. A bid for sympathy?

Maybe it would be better (you venture to suggest) if the Biebs just disappeared for a few years. Like Batman. Go abroad and find yourself; come back when you've figured it out.

"Yeah," Bieber says, his voice a near whisper now. "I wish I had the Batman thing where people didn't know I was Bruce Wayne. Like I had a costume or something."

The chiropractic table is a place for reflection. Bones are loosened, tendons unknotted. Thoughts tumble out. Large hands find your kinks and unkink them. And just think how kinked the Biebs must be, loathed by millions, adored by millions more. His own doctor telling him: "You're fucked."

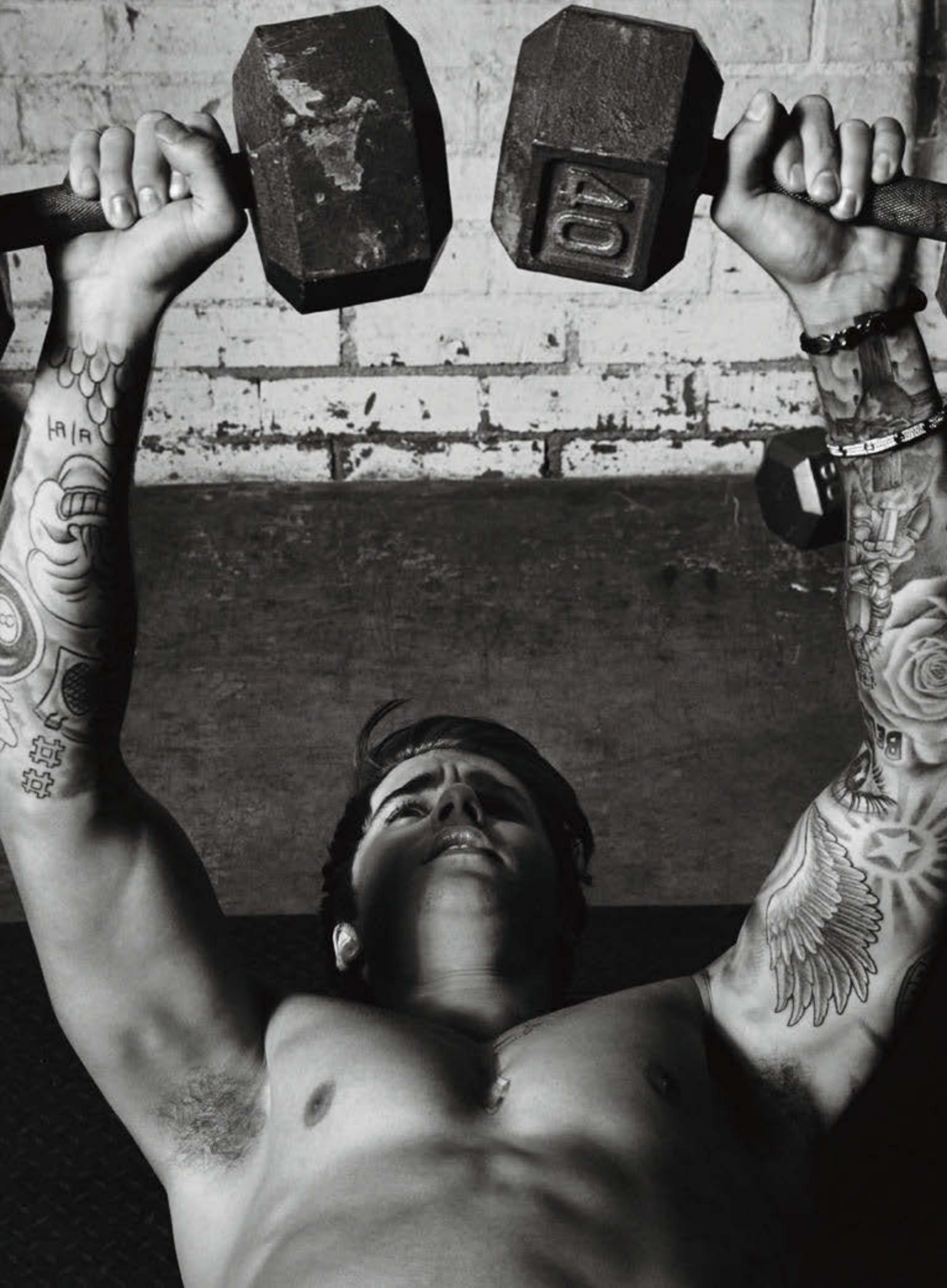
The door opens. Ryan comes in with Bieber's coffee. Three cream, three sugar. The table sighs downward and Bieber alights.

**THE ROLLS SAILS NORTH ON BEVERLY**, tinted windows canceling the city's fine Mediterranean light. It does more than exclude fans and paparazzi. With its lush interior and 150-inch wheelbase, it provides a kind of rolling pressure chamber where the manning can equalize the imbalance between inner and outer, between the worship of strangers and self-doubt.

Perhaps it was this imbalance that got the best of Bieber in 2014. It began with accusations that he assaulted a limo driver. Then that he lobbed some two dozen eggs at a neighbor's house. Soon after that, his house was raided by cops. Then to Miami, where he was arrested at 4 a.m. for allegedly drag racing a Lamborghini while under the influence.

It goes on like that. And you could easily sit back and wish more of the same upon him. Until in the end he achieves the well-trod exit from celebrity that some part of him surely desires.

Some survive the trial. Wahlberg did. DiCaprio. Heaven knows how. The fact is, it's hard to be a man these days, even if you're not a celebrity. With gender roles constantly shifting, who even knows what a proper man is supposed to look like? The Biebs's



JB ON FITNESS  
What do you think about guys who work out in their basement? "That means you never work out."

"THERE WAS A  
MINUTE WHEN I  
ABUSED MY  
POWER. BUT IT  
DOESN'T MAKE  
YOU HAPPY."

father wasn't exactly a steady presence when he was growing up. In a way, Bieber eclipsed him at age 14. You can see him in the Biebs's first movie, a former MMA fighter looking out of his depth as his son dominates an arena full of screaming girls.

A quick left, and the Rolls dips into the cool safety of a parking garage, where a security guy in a maroon jacket waits, holding open an unmarked door. As we step into an elevator, Bieber uses the moment to call attention to his diamond cross.

The Biebs turned heavenward for answers in 2014, spending time with two different but equally hip young pastors—Judah Smith, from Seattle, and Carl Lentz, from New York City. Lentz, it's said, baptized the Biebs in a bathtub. Smith he accompanied on his family vacation in Palm Springs, talking and golfing his way to spiritual equilibrium. ("These were the rules: I did whatever they did," Bieber says. "It was very humbling, because these past few years everything has been on my time.")

The elevator doors slide open, and you follow him through the back entrance of Equinox. Here you meet Bieber's trainer, Patrick, a merry Swedish gentleman with no hair at all on his head and a lot on his chin. The kind of guy who puts his thumbs in his belt and tips back a bit when he laughs.

"So are we gonna do chest and arms?" Bieber says. "Is this Saturday fun day?"

Bieber seems to find his vibe again now. On the incline bench, he starts pressing twin 40s. From there it's 12 reps with a 90-pound curling bar, and leg lifts for the abs. He rotates through the sets a few times, pausing to study himself in the mirror. He's 20 years old. He's trying to figure out how big he is, how big he can be. Bigger than Obama? Bigger than Michael? It's a tough thing to judge when you can see your own body sprawled across a Calvin Klein ad on a 50-foot billboard.

The rest of the world still thinks of Bieber as small and seems to want to keep him that way. Because even when he puts on muscle, by the time pictures hit the Web, someone has erased it all in Photoshop. It's like he hasn't earned it yet.

Having accustomed yourself to the hysteria that tends to surround Bieber, you're surprised he's able to work out without getting hassled. But it's an elite gym, first of all. And most people don't work out with their phones.

"There are always pretty girls here," he says.

You want to ask him about it. The girls. You remember a story about how he brought a flashlight to a club in the Hamptons. Played it over the



#### UPGRADE YOUR IMAGE

### Step 3. Take Test Drives

You won't go from, say, workplace pushover to assertive office dude without some practice. And the best place to practice? Not on the job or wherever else the

stakes are highest. Try out your new image with people you'll never see again, Demarais says. For example, confront the guy in line at Starbucks with "Sorry, I

was ahead of you" rather than silence. Give yourself a weekly goal for these interactions, until your homework starts to feel like habit. —CHRISTA SGOBBA



#### OFF NORTH CAÑON, THE ROLLS

sneaks a quick right on Clifton Way and into the bougainvillea-clad alley behind Spago. Spago is one of Wolfgang Puck's restaurants. Last October, the Biebs cooked with him here.

A skylight fills the spare dining room with white light. The tables are widely spaced, like the shoes on the white shelves at Saint Laurent. Nor does the bathroom disappoint. The Biebs finds you there.

"I've come to watch you pee, bro," he jokes, standing at the sink. "You wanna know what I do? I wash my hands before I pee."

You feel an explanation is required. He obliges. "I feel like my penis is more clean than my fingers," he says.

Is this the line you've been waiting to hear? Probably not. On the way out he holds the door for you. He's trying, anyway. He's making an effort. In return, he asks that you take the seat with the back to the door.

"Never have your back facing the door. That's an old mobster thing. You heard of that before, right?"

Enough time has passed that you feel it's okay to start correcting him. Because that whole back-to-the-door thing started with cowboys—not mob guys.

"You're right, you're right," he acknowledges. Then: "Draw, you lily-livered, yellow-bellied sonuva one-eyed bear!"

A waiter appears. Agnolotti is ordered—chestnut in a sweet butter sauce. A favorite of the Biebs.

"This has really been a big year for me, as far as figuring stuff out," Bieber says. "This is almost like a full 180 from how I was. Yesterday—a year from yesterday—I was in jail."

He's talking about the drag racing charge. Which he denies. But of all the negative media, somehow the worst of it was what Bill Hader told Howard Stern about working with the Biebs on *SNL*.

"Justin Bieber showed up with, like, 20 guys," Hader said. "He had a guy holding a slice of pizza, a guy holding a Diet Coke..."

And the backstage there is small too. So maneuvering around all these dudes was kind of a hassle. A totally needless hassle.

"Timberlake," Hader went on to say, "it was just him. He's a real class act, that guy."

And there's something about the phrase that sticks with you. Class act. Yeah. Like, as hard as it may be to be a man these days, that's a phrase you could definitely endorse.

"I think at that time I was rolling a little deep," says the Biebs. "It was also a whole different phase...Timberlake was a grown man when he came on [SNL]. I wasn't even 20 years old yet."

You wait.

"But I do," he says finally. "I do aspire to be a class act."

You nod. It's the line you've been waiting to hear. Not even that he is a class act, because he isn't. Hell, we're all works in progress. But that at least he aspires to get there one day.

He's bouncing Barrett, his general manager's baby, on his knee. Barrett's hand is slick with drool.

"Babies are so gross!" his manager says, approaching with a wet wipe.

Yes, babies are gross. But Bieber likes babies. Because unlike record label execs and paparazzi, at least they don't try to screw you over. He likes children for the same reason. This is why Michael Jackson hung out with them so much, Bieber says.

"It's not weird. It's just innocent. But then you want to get away from that," he says. "And I think I did too. You feel like you wanna grow up and you gotta prove yourself. Hey, man, you don't need to prove yourself. I didn't know that, though."

You get it now. It's an innocence story. A story that begins with innocence, descends into tawdry Hollywood drama, and emerges again, or tries to, into some new, stronger version of that innocence. Maybe, in time, even a certain nobility. Or whatever aged innocence becomes.

"Wait, wait," the Biebs demands. "Do you think I'm being authentic right now?"

It's a fair question. Worth pondering. Do you? ■

faces and bodies of the girls. And if he saw something he liked, he'd keep the light there, until someone from his entourage could fetch it. This was his pickup line. Not words. Photons.

"There was a minute where I abused that," he admits. "Used my power. But you come to the realization that that doesn't make you happy."

You have to take his word for it, of course. And as he talks you realize the funny way you each want to be like the other. He wants to be like you. Real. Limited. Bounded. You want to be like him. Or do you?

"I'm very much a relationship guy," he says. "I like to bounce ideas off the person that I love. I like having a real connection..."

He pauses to throw punches in front of a mirror. Jab, left, hook. Mayweather is a friend. Bieber meets many celebrities because their kids dig him and the celebs want to know why. Satisfied with what the mirror shows, he turns and touches a fist to your chin. "Right in the kisser," he says. Then again, trying to get it right: "Pow! Right in the kisser!"

Suddenly you feel bored. And hungry. You want to be back in the Rolls, riding the wide empty avenues like a pharaoh on the Nile. The plan was to hit Sugarfish, but the Biebs went yesterday and had an allergic reaction, so plans have changed.

RAPID FIRE  
JUSTIN BIEBER

#### Surprising talent:

"I can solve a Rubik's Cube in less than a minute."

#### Women's hair color:

"Brunette."

#### What makes a woman sexy:

"Jean shorts and a tank top. Or spandex."

#### Biggest misconception about you:

"That I'm self-centered."

#### Bromance crush:

"Ben Affleck. I think his vibe is cool."

#### Next tattoo and where:

"I want 'LL' tattooed right here [chest]. When you're Low, Lift. Because we often want to keep our heads down. But we should lift our heads."

By Clint Carter

Photographs by Sam Kaplan





# You Don't Know Joe

WITH A FEW SIMPLE BREWING  
TRICKS, YOU CAN BUILD A BETTER  
CUP OF COFFEE AT HOME. THE  
PERK: DRINKING UP CAN LEAD TO  
A LONGER, HEALTHIER LIFE.

•

**BOILER MAKER**  
This siphon pot is capable of brewing amazing coffee. Is it the best brewer for you? Find out: Turn the page and check our flowchart.



# THE QUEST FOR THE CUP

A NEW WAY OF BREWING MAKES

PERFECT COFFEE POSSIBLE.

BY CLINT CARTER



## I DON'T BLAME MY PARENTS. THEY

did what everyone else was doing at the time. Back in the early '90s, when I was a kid, my folks used a Mr. Coffee machine to brew dip-and-dump preground coffee that had the consistency of fine mulch. They'd let it burn on the hotplate, and if the stuff cooled, they'd zap it in the microwave. They didn't try to pretend it was good—they'd just doctor it with Coffee-mate or sugar. The stuff tasted like storm runoff filtered through volcanic ash.

It wasn't until last year that I drank the cup that forever changed my coffee-drinking life. This epiphany-inducing beverage was served to me by 2014 U.S. Brewers Cup winner Todd Goldsworthy. He works at Klatch Coffee, a small chain with an unassuming location nestled next to a Little Caesars in San Dimas, California.

There, Goldsworthy handed me The Coffee black, from a paper cup. He'd used a pour-over

method (more on that later), which created a brew with sweet, round flavors, as if it were made from a warm blackberry reduction. It was so good that I felt tingly nerve impulses relax my jaw muscles to let the hot nectar reach more of my mouth.

My parents' coffee and Goldsworthy's version were about as far apart as SpaghettiOs and homemade pasta topped with Mario Batali's Ragu Bolognese. This was a cup I'd never found at McDonald's, Dunkin' Donuts, or even Starbucks. Goldsworthy's secret: delicately roasted beans from smaller estates, brewed in an exacting way. "The big roasters are primarily concerned with reproducibility," says Bill Ristenpart, Ph.D., an associate professor of chemical engineering at UC Davis. Oftentimes, this means their beans lack subtle floral, citrus, and berry flavors, he says.

How can you taste your own palate-altering cup? Read on and you'll discover how to build a brew that's way better than mass-market mud or coffeepot slop. STORY CONTINUES ON PAGE 130

**Make the Best Coffee You'll Ever Drink** One taste and you'll cast off your Keurig, boycott your barista, and ditch the drive-thru.



### 1/ Get Fresh

Choose coffee beans with roast dates (not "best by" dates) within the past two weeks. For mail-order beans, try [bluebottlecoffee.com](http://bluebottlecoffee.com).



### 2/ Use a Burr Grinder

Buy a manual Hario Mini Mill Slim (\$32, [prima-coffee.com](http://prima-coffee.com)) or electric Baratza Encore (\$129, [amazon.com](http://amazon.com)). Why? See the photos, right.



### 3/ Count Your Beans

On a digital kitchen scale, weigh 25 grams whole beans and 350 grams water per mug. Grind them. No scale? Get one online for \$20.



### 4/ Take Its Temp

Your brewing water temp should be 195° to 205°F. Water boils at 212°F, so boil a kettle, take it off the heat, and let it sit for 30 seconds.



### 5/ Start the Bath

Set a cup with a pour-over cone on the scale. Add a filter; rinse it with hot water. Dump the water, zero the scale, and add the grounds.



### 6/ Watch It Bloom

Pour with a slow, circular motion until you add 25 to 50 grams of water. If the coffee's fresh, the bed of grounds will "puff" as if it's inhaling.



### 7/ Fill the Cup

Once the grounds settle back down, resaturate them until you've poured in all the water. The whole process takes 2½ to 3 minutes.



### 8/ Fine-Tune

Now sip your brew. If the coffee tastes bitter, try grinding your beans a bit coarser next time. Bland? Go with a finer setting on your grinder.

## GROUND FOR IMPROVEMENT

BLADE CRUSH BEANS ONE WAY, BURRS ANOTHER. SEE THE DIFFERENCE?



### BLADE-GROUND BEANS

They're uneven—and the flavor will be too.



### BURR-GROUND BEANS

A consistent grind equals a balanced brew.

# MAKE A BREW BEST FRIEND

THE COFFEE MACHINE MARKET IS CLUTTERED WITH CRAP.

CHOOSE WISELY WITH THIS FLOWCHART.

START



CAN YOU SPARE  
A FEW MINUTES  
IN THE  
MORNING?

If it earns  
me a better  
cup of coffee,  
then yes.

I like it like  
motor oil.

AND YOU  
DON'T MIND A  
LITTLE GRIT?



DO YOU LIKE  
A THICKER,  
HEAVIER  
COFFEE?

Not really.

HOW MANY  
PEOPLE ARE  
YOU BREWING  
FOR?

I barely have  
time to put my  
pants on.

HOW  
IMPORTANT  
IS IT  
TO BUY FRESH,  
LOCALLY  
ROASTED  
BEANS?

I may not do it  
all the time,  
but I'd like  
the option.

I just want my  
caffeine.



DO YOU  
LIKE STRONG  
COFFEE?

No, I get  
jittery.



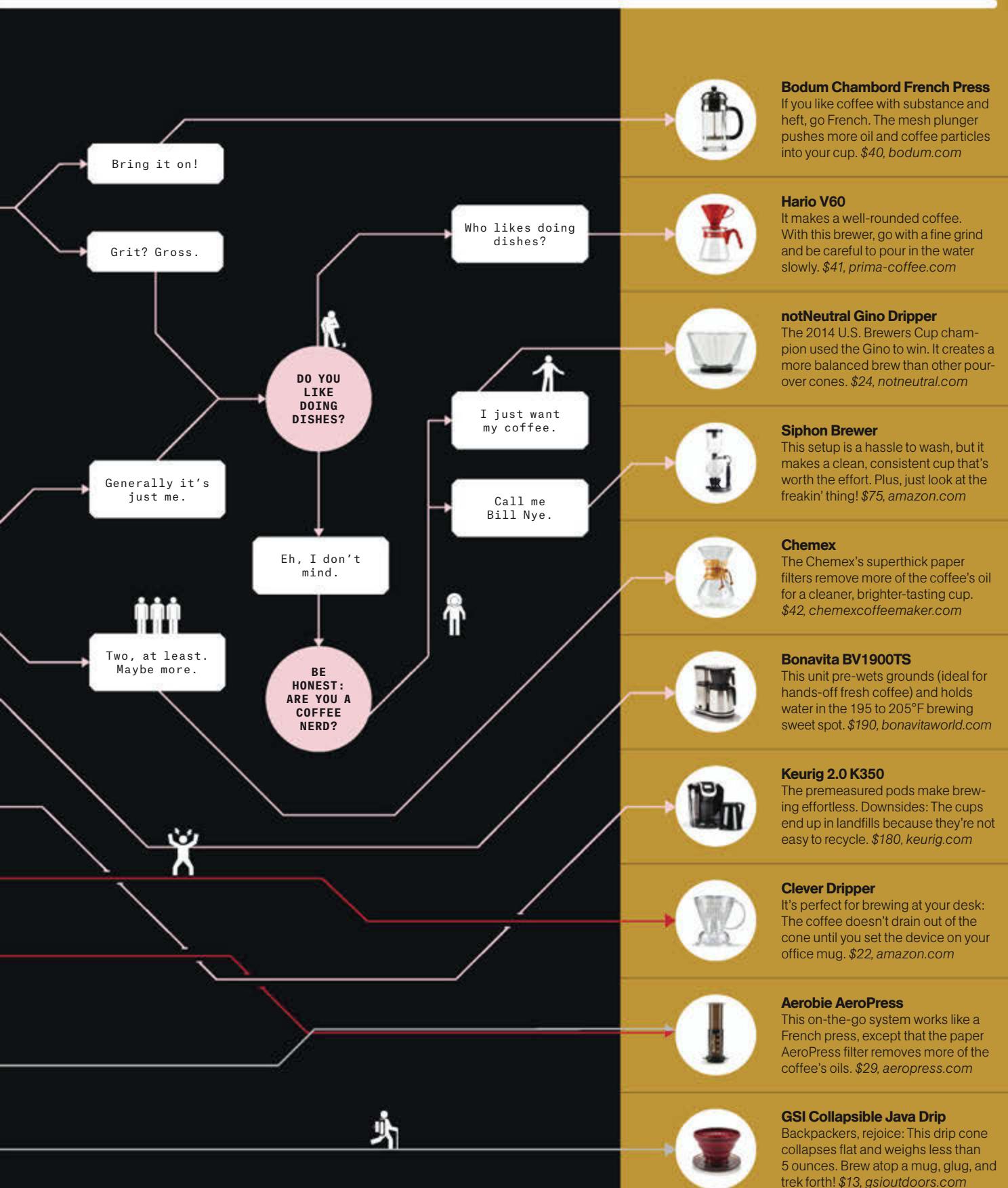
The stronger  
the better.



DO YOU SPEND  
MORE NIGHTS  
SLEEPING  
INDOORS OR  
OUTDOORS?

I'm on the  
hotel circuit.

Camping is kind  
of my thing.



**FOR MOST OF THE 20TH CENTURY, COFFEE WAS** considered a health menace. The bad rap primarily came from vague and wild claims dating back to the 1600s, says coffee historian Robert Thurston, Ph.D., senior editor of *Coffee: A Comprehensive Guide to the Bean, the Beverage, and the Industry*. The little research that came out in the mid-1900s implicated the brew in a host of ills, including cancer and coronary artery disease. However, these studies were prone to flaws.

But now reams of research show that drinking a few cups of coffee a day may help you live longer. In the past three years, various studies have linked coffee consumption to a reduced risk of many cancers, including skin, mouth, colon, liver, and prostate. In 2012, Boston researchers found that four cups a day could cut heart attack risk by 11 percent. In 2013, a Japanese study found that one cup of joe a day could cut stroke risk by 20 percent.

"Now coffee is beginning to sound like a wonder drug," says Thurston. "Alzheimer's, type 2 diabetes,

colon cancer—there's evidence that it improves your odds with all those illnesses."

These benefits may stem from coffee's potent antioxidants. Coffee has about two and a half times the polyphenol content of tea and about three times that of red wine, a 2010 study in the *European Journal of Clinical Nutrition* found. Plus, it has virtually zero calories. Well, as long as you're not adding hefty glugs of half-and-half or spoonfuls of table sugar, let alone junking it up with flavored syrups, "whips," and chemical-laden creamers.

If decaf's your drink, there's a downside: Recent studies show that caffeine can fortify your nervous system. "Caffeine is good for cognition, preventing Parkinson's, and preventing the physiological cognitive decline that occurs with aging," says Astrid Nehlig, Ph.D., research director at the National Institute of Health and Medical Research

**Reams of research show that drinking a few cups of coffee a day may help you live longer.**

in Paris. But doesn't a buzz also raise your blood pressure? Sure, Nehlig says, but only when you're taking in caffeine outside of coffee. Those polyphenols may help keep your BP in check. (Take that, energy drinks!)

The new coffee culture seems to have unintentionally aligned itself with the best of coffee's health benefits. For many years, Thurston says, coffee tasted terrible but was available in endless quantities. Now people are more discriminating. Also, light and medium roasts are becoming increasingly available; according to a 2011 *Food Chemistry* study, these retain more antioxidants than dark-roasted coffee. And the preferred brewing methods involve paper filters, which remove cafestol and kahweol, lipids that, according to emerging research, may increase blood cholesterol levels. But these nutritional benefits are just icing on the coffee cake.

STORY CONTINUES ON PAGE 133

# RULES OF THE ROAST

THE COLOR OF COFFEE BEANS CAN TELEGRAPH HOW YOUR BREW WILL TASTE—  
AND EVEN ITS ANTIOXIDANT CONTENT. THIS PALETTE EXPLAINS.



## Green

Yes, raw coffee is green. You can't brew beans in this state, but you can home-roast them. (Turn the page!)

## Yellow

With heat, sugar and protein compounds reassemble to form "melanoidins," which carry a toasted flavor.

## Light Roast

Here, coffee will contain more caffeine than dark roasts and more nuanced flavors, from citrus to chocolate.

## Medium Roast

A U.K. study found that medium roasts display stronger antioxidant activity than either light- or dark-roasted beans.

## Dark Roast

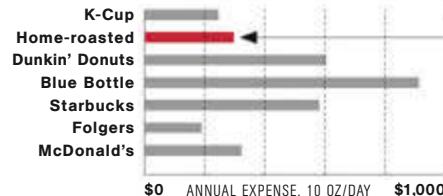
These beans brew a less acidic, more bitter cup. You'll taste less of the bean and more of the roasting process.

## Very Dark Roast

Mostly carbonized, they take on a very dark color. You'll taste very little of the bean and a whole lot of burnt toast.

## The True Cost of Your Cup

Brew your own joe and save your dough.



## BE A SELF-MADE MAN

If you drank only DIY-quality coffee instead of Starbucks every day for a year, you'd have an extra \$277.40.



## MY BEST MUG

BY NICK OFFERMAN,  
GUMPTION AUTHOR

"Every year I take my wife on a surprise anniversary trip. In 2005 I whisked her to Snoqualmie Falls, outside Seattle, to the Salish Lodge, which overlooks the waterfall featured on the greatest TV program I ever saw, *Twin Peaks*. As part of our homage to David Lynch, we stopped at Tweede's (the Double R, that is), where I ordered a slice of cherry pie and coffee, and like the nerd I am, I said to my waitress, 'You know, this is—excuse me—a damn fine cup of coffee.'"



DAIRY DANGER  
People tend  
to add cream  
and sugar to  
balance a dark,  
bitter roast.  
Ditch the added  
calories by  
switching to a  
lighter roast.

•

**THE HOLE TRUTH**  
A large white chocolate mocha at Starbucks has 510 calories—241 more than an average frosted doughnut. Watch those bottled brews too. (See the next page.)



**IT'S THE FLAVOR THAT'S GOING TO HOOK YOU.** It hooked me. Ever since I tasted The Coffee, I've been on a quest to re-create the cup. I've purchased the same pour-over equipment Goldsworthy uses. I've renounced mass-market beans. I've even tried my hand at roasting coffee beans in my own kitchen. But despite my efforts (and expenditures) my coffee still wasn't The Coffee. To find out why, I realized, I was going to have to call for backup.

Blue Bottle Coffee has been a pioneer in better brewing techniques, and one of its Brooklyn locations is just up the road from my apartment. So I decided to invite Stephen James Davidson, the company's East Coast retail trainer, to come over to watch me brew coffee.

Davidson stopped in on a sunny Sunday morning and spotted some problems immediately: My water was too hot, my beans were verging on stale, and I was using brown coffee filters, which, he says, often make coffee "taste like wood." He didn't gag after a sip (victory?), but he wasn't impressed: "It

smells like teriyaki or something." So I handed him my kettle and asked for a demonstration.

I expected a grand show of coffee magic, but Davidson followed the same routine I did. The difference: He was more attentive at each step.

Davidson started with beans he'd brought with him, a single-origin Kenyan variety roasted seven days before. He weighed them on my kitchen scale (I'd missed that step), checked the setting on my grinder (I'd defaulted to medium), and then opted for white filters (which I had hidden away in a cabinet). Then he pulled up the stopwatch on his phone to time the brewing process. After precisely two and a half minutes, he'd created his perfect cup.

"Ooh," he said. "It tastes like dried cranberry and currant. I'm getting a real nice juiciness out of the acidity, mild floral notes, and a heavy cocoa finish." Clearly the words of a man who subsists on

**I know I'm doing good for my body, my tastebuds, and my overall tolerance of mornings.**

a perpetual coffee drip, but I mostly agreed with his assessment. I could even pick out some of the same berry flavors I'd noticed in The Coffee.

Then it hit me: Here I was, drinking barista-quality brew in my own kitchen. The process was neither complicated nor particularly expensive. Pound for pound, fresh-roasted, small-batch coffee still costs less than chain java. And once I'd mastered the technique, it really didn't demand much of my time.

The ritual (explored in more detail in "Make the Best Coffee You'll Ever Drink" on page 127) soon acquired a zenlike, ceremonial significance that went beyond simply pumping caffeine into my brain. I know I'm doing good for my body, my tastebuds, and my overall tolerance of mornings. If you can cook a burger, you can make a great cup of coffee. So here's to health, and may you never drink bad coffee again. Sorry, Mom and Dad. ■

## GIVE YOUR BEANS SOME HEAT

ROASTING BEANS IS EASY, SAYS JESSE CROUSE, ROASTER AT VERVE COFFEE IN CALIFORNIA. BUY 'EM RAW (TRY SWEETMARIAS.COM) AND FOLLOW THIS PLAN.



### 1/ Do the Prep

Preheat a large, dry, nonstick skillet over medium high and measure out  $\frac{3}{4}$  cup beans. That'll give you enough to brew three or four cups. Oh, and turn on the vent fan. Beans smoke as they roast.



### 2/ Start Cooking

Pour the beans into the pan, reduce heat to medium, and keep stirring. After 6 to 8 minutes, the beans will start popping. Reduce the heat to low. For a medium roast, cook for another 2 to 4 minutes.



### 3/ Enter Cooldown

A medium roast will look golden brown. At this point, dump the beans into a second, room-temperature pan. Then keep stirring for 6 to 10 more minutes to speed cooling and stop the roasting process.



### 4/ Sit Tight

High levels of CO<sub>2</sub> in fresh-roasted coffee can interfere with flavor. To nix the effect, let the beans sit out 24 to 48 hours before brewing. Then store the beans in an airtight container. Use within 2 weeks.

THE COLD DATA ON  
OUR HOT COFFEE HABIT

**3.2**

Billions of pounds of coffee beans consumed by American coffee drinkers, on average, each year  
Source: USDA

**53**

Percentage of Americans who say they use a drip coffeemaker to brew their brain juice  
Source: National Coffee Association

**1.6**

Average number of cups of coffee a guy in the United States consumes every day  
Source: USDA

**7 bad buzzes**  
Dodge that calorie bomb in a bottle!

Based on a 9.5 oz serving

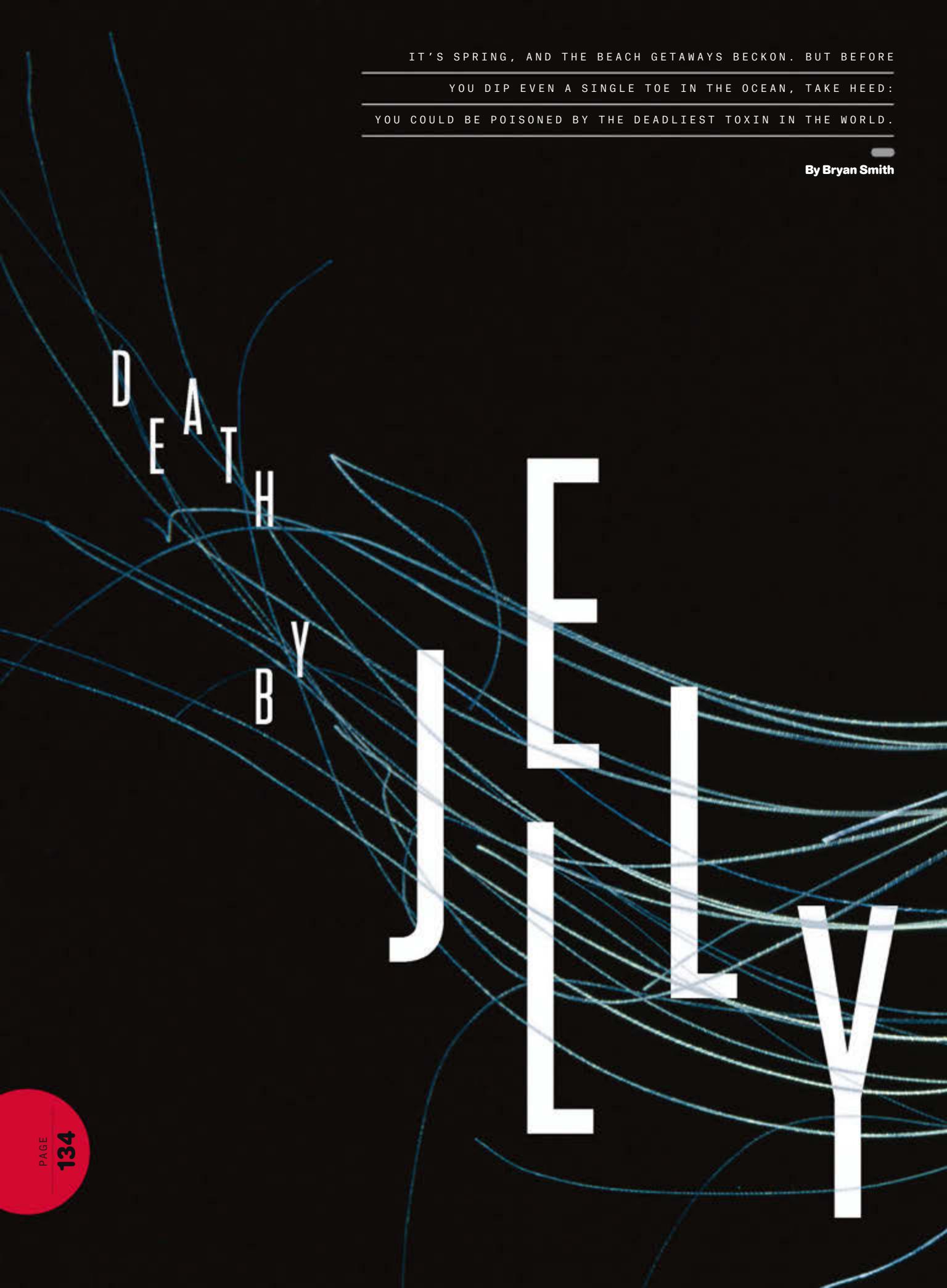


IT'S SPRING, AND THE BEACH GETAWAYS BECKON. BUT BEFORE

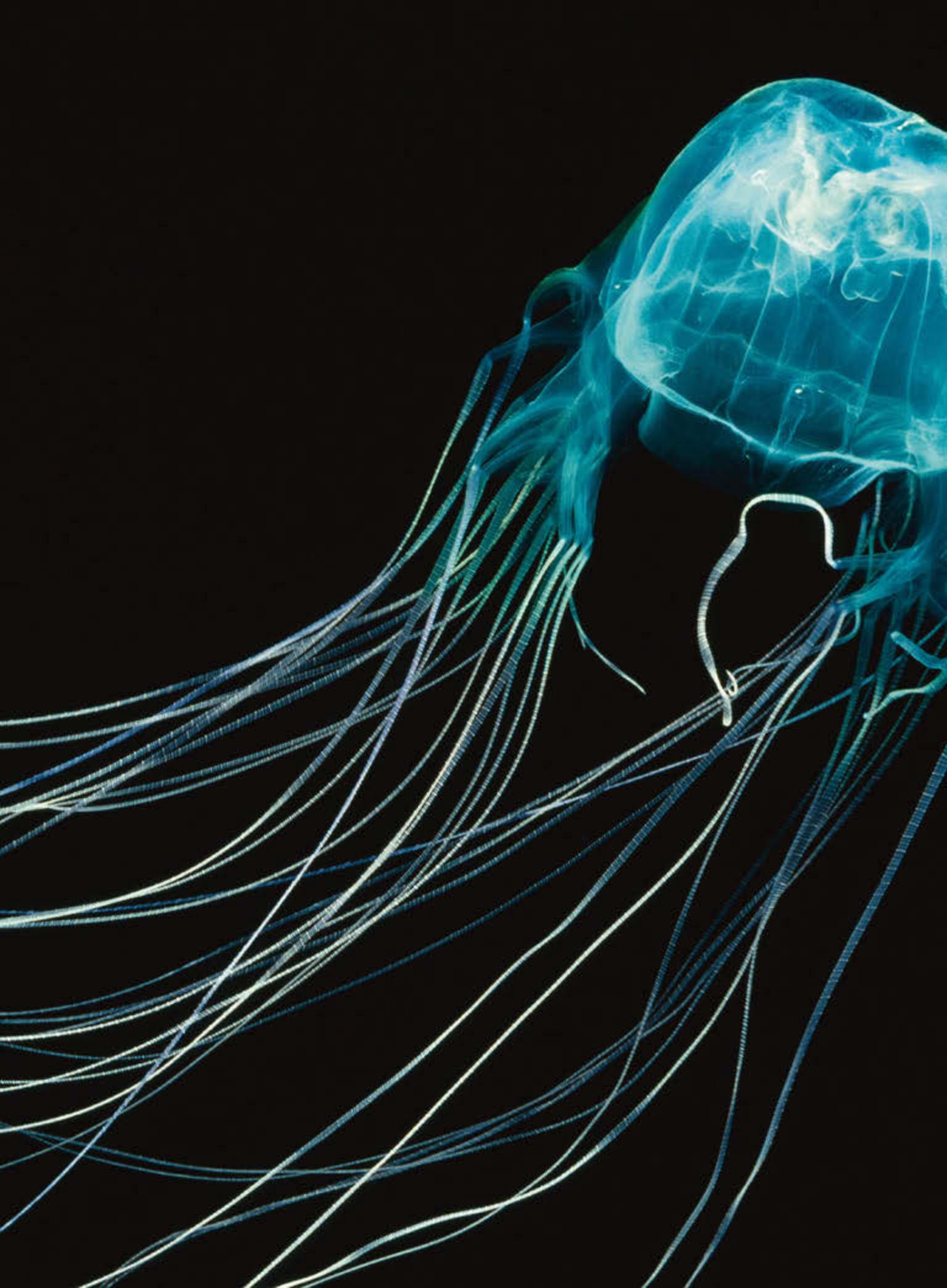
YOU DIP EVEN A SINGLE TOE IN THE OCEAN, TAKE HEED:

YOU COULD BE POISONED BY THE DEADLIEST TOXIN IN THE WORLD.

By Bryan Smith



# DEATH BY JELLY



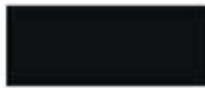
# DON'T PANIC, BILL

SURVIVE A JELLYFISH ATTACK

**1/ HANDS OFF.** Rubbing the wound will cause microscopic capsules called nematocysts to produce more toxins, says William C. Heymann, M.D., medical director of VIKAND, a maritime medical service provider.



# ESTRIGHT TOLD HIMSELF.



THE U.S. AIR FORCE FLIGHT COMMANDER HAD JUST BEEN DUMPED INTO A CHOPPY CHANNEL near Fleming Key, a spit of land just off Key West. Even though this was part of a Special Forces survival training exercise, he immediately felt anxious. The challenge: to extricate himself from the spaghetti tangle of ropes a pilot might face after parachuting into the drink. It was a test he'd aced once before, albeit two decades earlier. Back then, young and invulnerable, his mindset was *Bring it!* Now 45, with a wife and three kids, he thought, *Shit.*

It wasn't that Estright was soft. Over the previous 20 years he'd flown hundreds of combat missions in Iraq, Afghanistan, and Africa, swooping past surface-to-air missiles to help extract Navy SEALs and Recon Marines. His dread came from the murky depths around him. "There are too many ways to die in the ocean," Estright says today. "I was concerned a shark would confuse me with a double cheeseburger."

The blow, swift and sharp, came while he was treading water, waiting for his turn with the 'chute. "I felt like I'd been stabbed in the thigh with a hot screwdriver," he recalls. "I shouted, 'Something nailed me!'"

He managed to swim to shore, where a medic was already waiting. A quick examination on the beach revealed a mark the size of a sand dollar, as red and raw as a smoldering cattle brand, pulsating on his left thigh. Suddenly Estright began to experience what felt like an allergic reaction—watering eyes, severe nasal congestion, itchiness all over—followed by a rolling tide of excruciating pain that rippled across his limbs. The medic, at a loss, bathed the wound in cold water and then looked up at Estright and shrugged. "She was used to open wounds, fractures, and treatments for chemical and biological warfare," he says. "She had no idea what to do with this."

**UNDERCURRENTS OF DANGER**  
Because of a global surge in box jellyfish, your Hawaiian dream trip could end up being a killer vacation.

Back at his room on the base, Estright popped some Benadryl, but his condition worsened. That night, the pain migrated to his spine and radiated around his rib cage. His tongue and throat began to swell. He called the lone military flight nurse on duty, who, upon seeing him, said he needed to get to an emergency room immediately. A government van transported him to the nearest hospital where doctors administered steroids, including prednisone, a powerful medication used only for the most severe allergic reactions.

Earlier, Estright had told himself not to panic. But now, as he waited for the drugs to work, a wave of anxiety crashed over him and a voice inside his head screamed:

*What's happening to me?*



**“It felt like a thousand lit matches.”**

**2/ CALL THE CAVALRY (911!).** A sting can kill within minutes, so you should have your vital signs monitored ASAP. Tell the EMT you'll need a doc who's experienced in treating box jellyfish attacks, says Dr. Heymann. Pain meds may be given, while steroids can help with swelling.

**MORE THAN 8 MILLION TOURISTS, NEARLY HALF OF THEM MALE, POUR INTO** Hawaii each year, some 600,000 in April alone. The Florida Keys and Puerto Rico each attract nearly 3 million, and 27 million visit Australia's northern coast. On the surface, these vacation hot spots have little in common other than an enviable supply of sand and sun. Beneath the waves, however, they've all become the destination of choice for a mankiller—one without a fear-inducing dorsal fin, row upon row of flesh-tearing teeth, or a week of Discovery programming named after it.

Sharks may hold the title of Sea Creature Most Likely to Scare the Crap Out of Us, but when you look at the body count and tabulate the misery inflicted, one class of predators swims circles around them.

Jellyfish.

Jellyfish? No, not those familiar blobs with a wimpy sting that, worst case, will bring on a bad itch and an offer from some smartass to take a leak on you. These are a different breed of blobs known by the scientific name *Cubozoa* but more commonly referred to as “box jellyfish” for their unique shape. Unlike their merely annoying cousins, these creatures pack powerful venom. How powerful? Depending on the species of box jellyfish, your odds of survival are better if you've been bitten by the lethal black widow spider.

Consider *Chironex fleckeri*, a basketball-size box jelly found in the Indo-Pacific that dangles dozens of 6-foot-long, ribbonlike tentacles. Its nickname is Sea Wasp, and if one of these tentacles so much as brushes against your body, you may die before you reach the beach.

Still, a quick death might be preferable to what's in store after a sting by other box jelly species, including the thimble-size *Carukia barnesi*. In addition to severe headaches, vomiting, rapid heartbeat, and pulmonary

edema, you may experience anxiety so powerful that some victims, convinced of their own doom, have reportedly begged their doctors to kill them and get it over with.

Scientists aren't certain why some species of box jellyfish seem to produce more complicated and dangerous clinical syndromes than others. One explanation is that the venom of the dreaded *Chironex* is injected more deeply than, say, Hawaii's *Alatina*. Under the right circumstances, however, all box jellies have the potential to be lethal, says Angel Yanagihara, Ph.D., a marine biochemist with the University of Hawai'i at Mānoa and one of the world's foremost experts on the creatures.

Though no official mortality statistics exist, it's estimated that box jellyfish account for scores of deaths each year—20 to 40 in the Philippines alone, according to figures reported by the National Science Foundation—with hundreds more victims suffering stings severe enough to put them in the hospital. Experts say the actual number of fatalities is probably many times higher, given that cases are often misdiagnosed or misattributed to other factors, most often cardiac arrest or drowning. In fact, the 43 known species of box jellyfish cause more death and serious injuries than sharks, sea snakes, and stingrays combined.

Part of what makes box jellies so incredibly dangerous is their relative anatomical sophistication. For starters, they can see. Every species is equipped with two dozen eyes, eight of which are complete with lenses, corneas, and irises. (Regular jellyfish have simple pigment-cup ocelli, which only allow them to distinguish between light and dark.) And while they lack brains, “boxies,” as researchers sometimes refer to them, are no dummies. Unlike other jellyfish, they possess a surprisingly complex nervous system that gives them the ability to avoid objects and engage in fast directional swimming.

But the biggest difference between the box jellies and other jellyfish is perhaps the most unsettling for swimmers. Rather than floating passively as they wait for lunch (small fish, prawns, invertebrates) to happen into their tendrils, box jellyfish actively hunt their meals, propelling themselves through the water by opening and shutting their bells (heads) like little umbrellas.

Thanks to warming oceans, overfishing, and oxygen-robbing fertilizers sluicing into waterways, populations of all jellyfish, including box jellies, are growing, Yanagihara and other scientists say. That's because all three factors deplete their primary predators: fish. What's more, box jellies may actually *thrive* in oxygen-starved water.

“There is increasing evidence that some box jellyfish species are increasing in areas of the world's oceans heavily impacted by humans,” says Anthony Richardson, Ph.D., a marine ecologist at the University of Queensland, Australia. This may be leading to a worldwide explosion that he's described as a “jellyfish joy ride.”



**STING OPERATION**  
The brush of a box jellyfish tentacle rakes your skin with stingers that can cause searing wounds and tissue death.

"Over the past seven years, there have been increasing incidents of mass stings in coastal Florida, the Caribbean, Bonaire, Puerto Rico, and around many other islands," Yanagihara says. In short, she and other experts warn that the continuing rise in the numbers of these creatures—and the dearth of knowledge that still exists about many aspects of them—is a health and safety disaster in the making, especially considering the high volume of tourists that travel to these areas every year.

"Beach visitors could potentially face excruciatingly painful and potentially life-threatening stings," says Yanagihara. "I don't think Americans take jellyfish seriously. It's a blind spot with serious consequences."

Suzanne Hammer, M.D., a Honolulu physician who works with Yanagihara on mapping outbreaks and educating the public, agrees that tourists need to know that sharks shouldn't be their only concern or even their biggest one.

"Most visitors come to Hawaii," she says, "completely unaware they might be stung with the most deadly toxin in the world."

#### DOCTORS WERE HELPLESS TO EASE

Estright's racking pain, but the steroid treatment was able to lessen the swelling in his throat. He was stabilized and then released from the hospital the same evening.

Back at the base, the pilot tried to sleep. Instead, he sweated and suffered. During the night he thrashed in his sheets, heart hammering, as wired as if he'd taken amphetamines.

The next day, almost incoherent, he tried to continue with his survival exercises, but after several hours he muttered something about needing to lie down and simply walked away from his group. That evening, a fellow trainee, an Air Force Academy graduate and combat veteran, stopped by his room to check in on him. He almost didn't recognize the person who answered the door.

Alarmed by his friend's reaction, Estright staggered to the bathroom and looked in the mirror: His face was grotesquely swollen. Trying to keep the panic out of his voice, the buddy said, "Let's get you back to the ER."

The doctors were still mystified. Not only had Estright's head ballooned since the previous night, but his throat was closing again. They gave him a second round of steroids. After the drugs kicked in and his airway opened, he was released.

When he returned to the base, another friend, a "mother hen" named Ed Tarquinio, was waiting at his room. "Ed's in everyone's business and drives everyone crazy," says Estright. "But he's one of the greatest guys in the world. He told me he'd been on a mission the month before supporting the Army Special Forces divers, and there was a doctor in Key West talking about a new venomous threat that had been nailing his Special Forces guys."

That physician was Gerald W. Surrett, M.D., a flight surgeon who at the time was also the diving medical officer for the Special Forces Underwater Operations School in Key West. He had indeed seen a number of cases that resembled Estright's.

When Tarquinio called, Dr. Surrett told him to bring the pilot in immediately. Curled up in pain, his head leaning against the car window, Estright moaned as his friend drove.

A quick examination confirmed Dr. Surrett's hunch: Estright was suffering from Irukandji syndrome, a severe reaction to a box jellyfish sting that sometimes results in death.

**EACH MONTH, DURING A THREE- TO FOUR-DAY** spawning window that starts on the eighth day after a full moon, hundreds of *Alatina* box jellyfish swim toward Oahu's beaches in the middle of the night. Why *Alatinas* alone among jellyfish hew to such a predictable schedule is a mystery. What's certain is that bright lights attract them, which means the high-rise hotels lining the beaches act like huge magnets for the monsters.

It was the morning after one of these nighttime invasions when Yanagihara had her first encounter with box jellyfish. "Right out there," she tells me one afternoon from the deck of the Outrigger Canoe Club in Honolulu, pointing at a patch of watercolor-perfect sea about 100 yards off Kaimana Beach, near Waikiki. "A whole swarm."

## He prayed, “please let this work.”

An avid swimmer, the then-novice marine biochemist had been out for her normal predawn dip. She was wearing a racing one-piece swimsuit that left much of her skin exposed. But like many people, she scoffed when someone told her the jellyfish were bad that day. What was the worst that could happen? A few itchy red marks?

As she churned through the water, however, she ran directly into a mass of box jelly tentacles and sustained stings to her arms and legs. A number of the tendrils wrapped around her neck.

She went deep, hoping to escape, but then resurfaced into another skein of tentacles that dragged across her again. “It felt like a thousand lit match heads were burning into my skin,” she recalls. Her lungs seizing, she found herself gasping for air. A weaker swimmer might have drowned, but Yanagihara was able to fight her way to the beach. Acting on instinct, she peeled off her suit and drenched herself with cold fresh water from an outdoor shower.

It was precisely the wrong thing to do. The tentacles of box jellyfish bristle with millions of hair-trigger, microscopic capsules called nematocysts (see “How Jellies Kill”). Once fired, each explosively releases a tubule that delivers venom deep into the skin. Cold fresh water causes even more of the nematocysts to explode.

Yanagihara eventually passed out, coming to in an ambulance with her arms encased in plastic wrap and most of her body bathed in meat tenderizer and vinegar. (The vinegar may have helped, she says; the tenderizer, not so much.) To this day she isn’t exactly sure how she survived.

“I had very severe, life-threatening stings,” she says. She is convinced, however, that one factor in her favor was what her doctors *didn’t* do in their efforts to save her: They didn’t administer a standard treatment for patients with symptoms that closely mirror allergic shock.

“Curiously, the research shows that loss of life after severe stings has involved the well-intentioned but potentially counterproductive injection of epinephrine,” Yanagihara says. The reason it could be lethal, she explains, is that box jellyfish stings already cause a person’s epinephrine levels to spike dramatically. When doctors inject an extra jolt of the hormone, they effectively cause an overdose. This worsens the victim’s breathing troubles, sends blood pressure soaring, and potentially triggers a fatal cerebral hemorrhage.

In the years to follow, Yanagihara would make it her life’s work to understand everything she could about box jellyfish.

Among her most important discoveries has been the mechanism by which box jelly venom dismantles the human cardiovascular system. The culprits are porins, and researchers have found these toxins in every box jellyfish species they’ve examined. It took years for Yanagihara to isolate porins, but once she did, she discovered that they collapse the cardiovascular system by

forming pores in red blood cells. Through those tiny holes, the cells leak potassium into the bloodstream, causing hyperkalemia, a condition that triggers sudden changes in heart rate and function. At her Honolulu lab, Yanagihara showed me the aftermath of this blood cell destruction through a microscope. There, on a small slide, like some kind of postbattle war zone, lay a wasteland of flattened red blood cell “ghosts.”

Yanagihara’s research, published in 2012, led her to test more than 100 compounds with the potential to thwart the porins. She eventually hit upon zinc gluconate and other ingredients that she then used to formulate the topical and IV agents used by Special Forces members. These are considered by many to be the world’s only truly effective remedies for box jelly stings. It was this formulation that helped make it possible for Diana Nyad to finally swim from Cuba to Florida without being incapacitated by stings.

**WITHIN MOMENTS OF ESTRIGHT’S ARRIVAL AT HIS OFFICE, DR. SURRETT HAD** him hooked up to an intravenous bag filled with a treatment protocol devised by Yanagihara. As the solution coursed through the tube and into his veins, Estright said a silent prayer: *Please let this work.*

Mere minutes after being hooked up to the IV, his symptoms, which were so confounding to every other doctor, vanished. He felt so much better, in fact, that he was able to complete his survival training the next day. After an EKG and several blood tests, he was back on flight status.

“Dr. Yanagihara is probably one of the only people on earth who knew how to create the treatment protocol that likely saved my life,” Estright says. “I will be forever grateful to her.”

**AS SUCCESSFUL AS HER RESEARCH** has been, however, Yanagihara realizes that the key to saving lives lies not with salves and IV solutions but in preventing the stings that kill so many and injure so many more. One of the best ways to do that, she and other experts agree, is through an aggressive, though not alarmist, push to educate tourists who remain unaware of the danger.

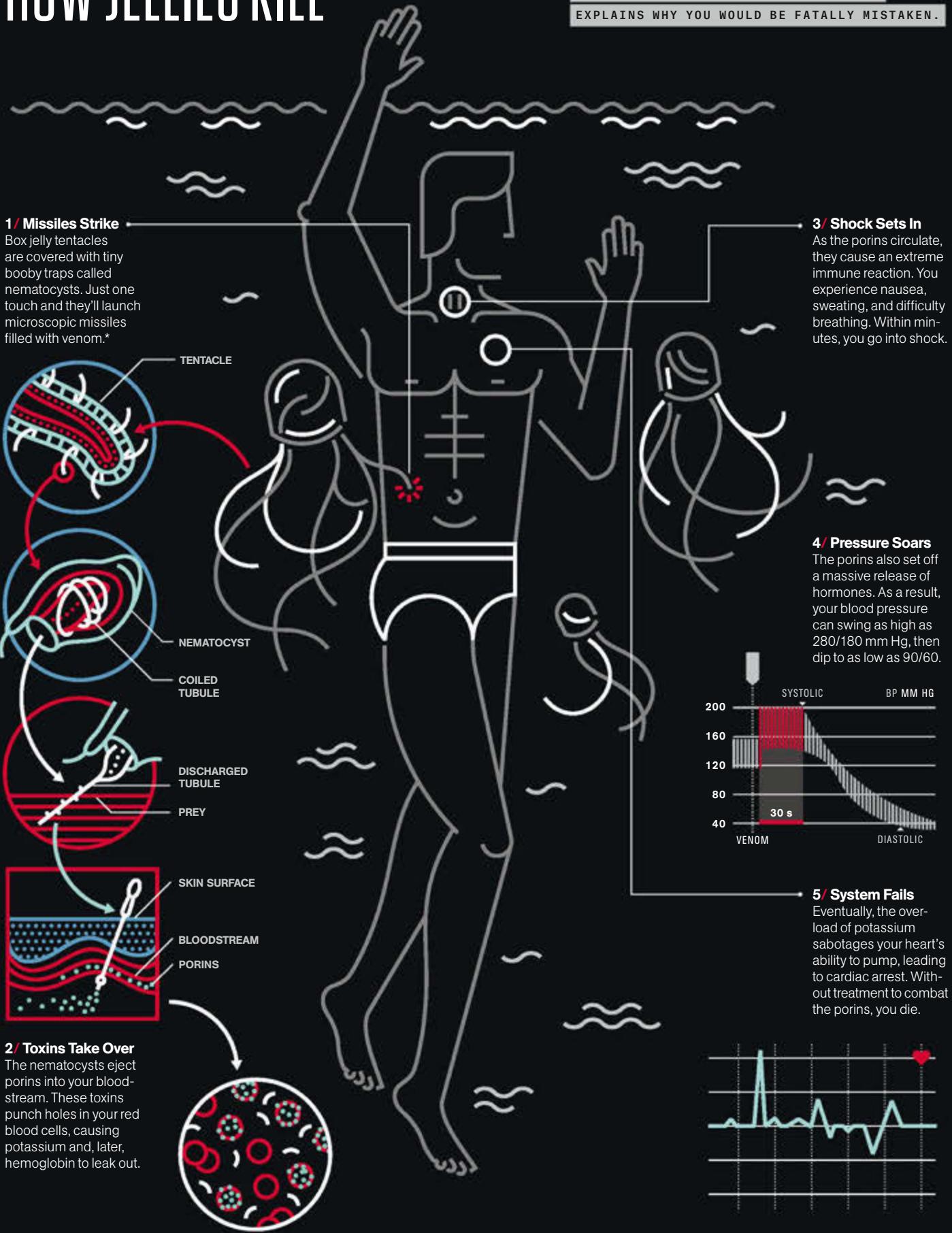
A number of resort area websites do include information on box jellies and mention how much more serious their stings can be than those of the more familiar sea nettles. And while beaches in Hawaii and Australia routinely post warning signs, Yanagihara would prefer that those in her home state appear in several languages. She also wants them to be more conspicuous than the small yellow notices currently posted to the side of beach entrances.

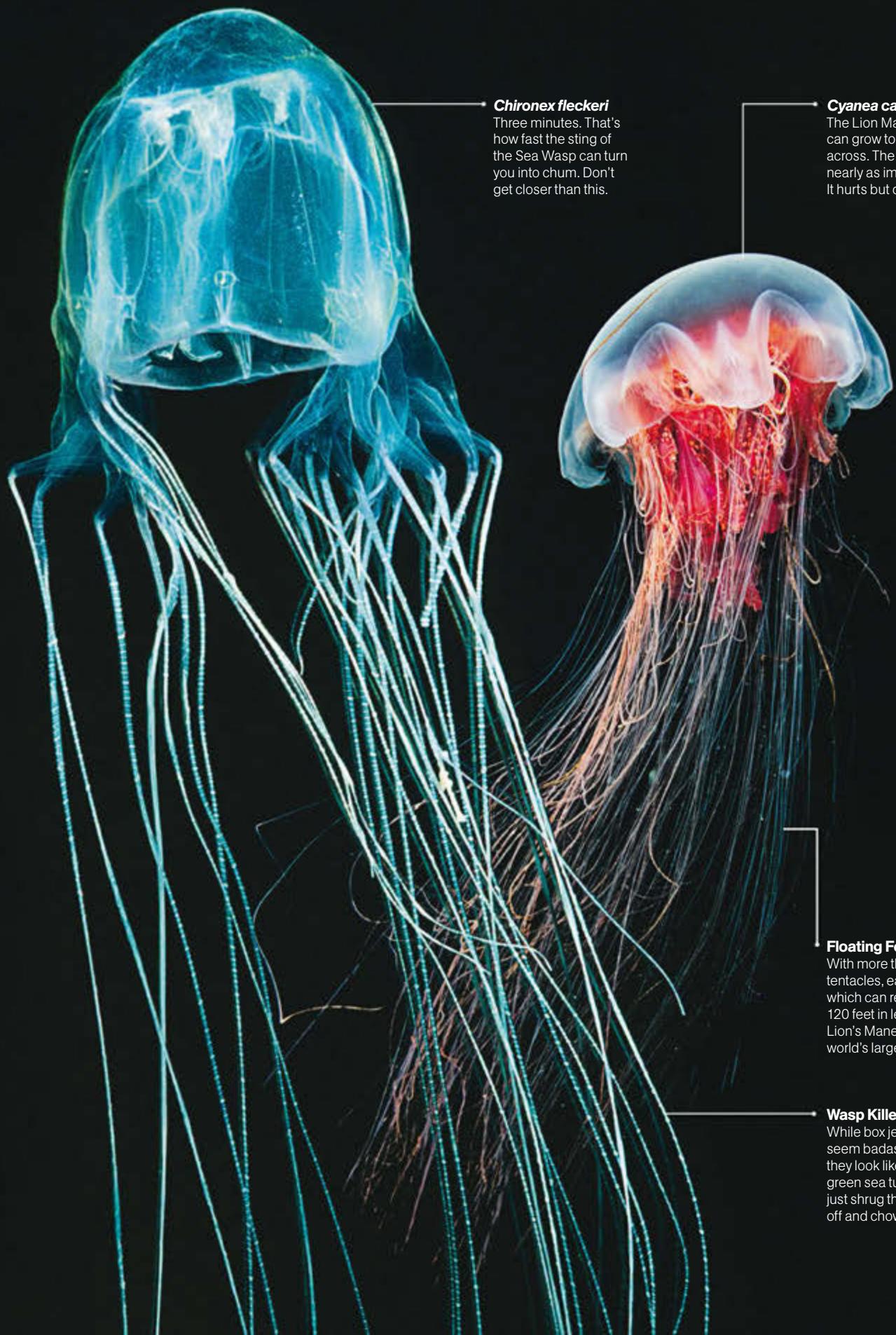
But no amount of signage will help prevent stings if it isn’t backed up with action. For example, this past

**3/ TAKE AN ACID BATH.** While you’re waiting for the ambulance, ask someone to find vinegar. Douse the affected area with the sour stuff and leave it there for at least 30 seconds. The acidic chemicals neutralize nematocysts, preventing them from firing off more toxins, says Dr. Heymann.

# HOW JELLIES KILL

THINK YOU'RE TOO TOUGH TO BE TAKEN OUT BY  
A JELLYFISH? ANGEL YANAGIHARA, PH.D.,  
EXPLAINS WHY YOU WOULD BE FATALLY MISTAKEN.





January, Dr. Hammer was furious that ocean safety officials at Hanauma Bay, a hugely popular spot among tourists and box jellies alike, neither posted warning signs nor shut down the beach on a morning when possibly as many as 500 box jellies began squirting through the water.

"Fifty stings had been reported by noon," says Dr. Hammer. A half hour later, another man was stung and lapsed into shock. He was taken to the ER in serious condition. Park rangers were sympathetic and extremely frustrated, Dr. Hammer says, but told her they didn't have the power to close the bay. A spokeswoman for Honolulu's Ocean Safety and Lifeguard Services Division did not return a call from *MH* seeking comment. "These jellies can swim very fast—2 miles per hour," Dr. Hammer adds. "So when they invade, decisions need to be made quickly about closing the bay or warning people." Despite that, she says, "no preventive measures were taken."

Other areas have employed a more creative and proactive tack for keeping swimmers safe. Some Australian beaches, for example, drape 75-foot-long "stinger nets" across stretches of beach to keep out as many box jellies as possible. They also routinely drag hot spots with handheld nets to see how many are in the area. Such tactics, while not perfect, have been effective, says Lisa-ann Gershwin, Ph.D., director of Australian Marine Stinger Advisory Services.

Persuading municipalities to launch the campaigns hasn't been easy. "Some thought, 'You're not going to actually talk openly about Irukandji—that'll scare people away,'" Gershwin says. In reality, the areas that have faced the problem head-on have seen fewer stings and actually attracted tourists to the beaches. "An accurate and balanced safety message with a strong focus on prevention gave people a feeling of more control over their own fate," she says.

To better acquaint physicians and lifeguards with the dos and don'ts of dealing with a box jellyfish sting, Yanagihara has held seminars in Hawaii and around the world. For instance, vinegar dislodges stinger cells, and hot water combined with Epsom salts partially inactivates the venom on the surface of the skin. Administering epinephrine, no matter how sensible it may seem, is worse than futile; it's potentially deadly. And while wearing a wetsuit for a quick plunge may feel silly, doing so in areas known for box jelly infestations could be a lifesaving fashion statement.

**4 / SAY NO TO H<sub>2</sub>O.** Don't flush the wound with bottled water—the change from saltwater to fresh can activate the nematocysts, says Dr. Heymann. —M.R.

**STORIES LIKE ESTRIGHT'S, YANAGIHARA TELLS ME,** are what send her back into the ocean to study the creatures that nearly killed her.

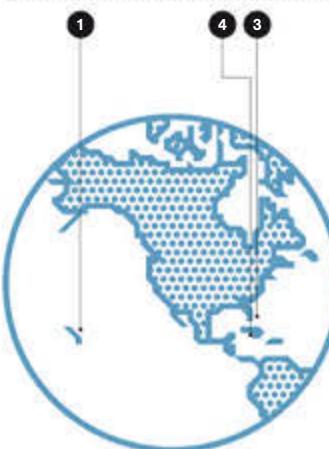
It's just before dawn, and we're wading in the waters off of Queen's beach on Waikiki. Box jellies are flitting past our legs, but we're protected by wetsuits. "*Alatina alata* in Latin means 'winged ones,'" she explains while lowering a jelly into a plastic jug. "My name is Angel, so a colleague once joked that we're kind of related."

"Want to try?" she asks suddenly, gesturing toward the jellies. I pause. She laughs and reassures me that my gloves will protect me. I tentatively dip my hand into the water, gently pinch the bell of one, and lift its quivering form. As I do, its tentacles retract so it's little more than an innocent-looking cube of crystal. It twinkles in the beam of Yanagihara's flashlight like a tiny star.

I release the jelly into the jug, then wade onto shore, leaving the rest to trace lazy circles in the inviting waters. ■

## Beach Bummers

Before you pack the sunscreen and sandals, check our worldwide guide to where and when the box jellyfish are on the hunt.



### 1 / Hawaii

*Alatina alata* can be found in popular spots, like Oahu's Waikiki, Hanauma Bay, and Ala Moana beaches. Go to [hawaiibeachsafety.com/oahu](http://hawaiibeachsafety.com/oahu) to find the latest jellyfish warnings.

### 2 / Australia

If you visit the northern coastlines of Queensland, Western Australia, or the Northern Territory anytime from October through June, don't go in the water without first donning a wetsuit.

### 3 / Florida

Box jellies have spread from the Gulf Coast to the Atlantic side of the peninsula, with stings reported at Daytona Beach. Heed the purple flags: They signal dangerous marine life.

### 4 / Caribbean Islands

A newly discovered species of box jellyfish known as *Tamoya ohboya* does its hunting during the day along the western coast of Bonaire, especially from July to September.

### 5 / Thailand

From July to October, be especially wary when visiting jelly tourist traps like Hat Nopparat Thara-Mu Ko Phi Phi National Marine Park and the beaches along Ko Lanta.

### 6 / Philippines

While the distribution of jellies among the nation's 7,100-plus islands is unclear, a recent sting report surfaced along the beaches of Batangas.

—MELISSA ROMERO



What if you could  
boost energy,  
build strength,  
and banish pain—  
all day long?

You can. Just  
learn how to...

By Trevor Thieme,  
C.S.C.S.

Illustrations by  
Paul Blow





# THE SEMINAR LOOKS LIKE A FAITH HEALING.

Seated elbow-to-elbow at tables set amid squat racks and weight sleds, more than 30 trainers crane their necks to see the miracle unfolding at the front of the room. The lights are dimmed, save for one illuminating a massage table where a man lies faceup and shirtless. The healer—bald, bespectacled, and dressed in khakis and a crisp collared shirt—smiles reassuringly as he places his left hand on the man's chest and his right under his back.

"Excuse my cold fingers," says Ron Hruska, M.P.A., P.T., director of the Postural Restoration Institute, sending a ripple of chuckles through the room. "Now take a deep breath and let's see if we can fix that shoulder."

Hruska's subject, a 34-year-old trainer from Chicago, has suffered from shoulder impingement for years. Lifting anything with his right arm causes discomfort. Raising it above shoulder height triggers pain. And the look on his face suggests that he doesn't expect to feel any different a few minutes from now.

He realizes how wrong he is as soon as he begins to exhale. It's then that Hruska presses down firmly on the man's sternum and pulls back along his spine. "Again," says Hruska, pursing his lips with the effort. They repeat the cycle two more times. "Now relax," says Hruska, grasping the man's right arm and laying it next to his ear. "Remember how you couldn't raise your arm above your head?"

Eyes wide with astonishment, the man moves his arm up and down a few times. "Unbelievable," he says in a voice barely above a whisper.

"You want to know how I did it?" asks Hruska. Thirty heads nod in unison. "Let's start with what I *didn't* do. I didn't treat his shoulder, not directly," he says. "I helped his diaphragm do its job, and that released tension in all the muscles throughout his torso that were compensating for it. He doesn't have a shoulder problem; he has a breathing dysfunction."

In that, the man on Hruska's table is not alone.

Most of us take breathing for granted. We breathe about 14 times every minute, more than 20,000 times a day, and no fewer than 526 million

times during the course of an average lifetime. Nearly all of those breaths are automatic; respiration generally requires about as much thought as pumping blood or digesting food. Yet despite all that practice, most of us suck at it.

"The reason is that almost no one uses their diaphragm as it's intended—as the body's primary breathing muscle," says Bill Hartman, C.S.C.S., co-owner of IFAST in Indianapolis and the host of this weekend's seminar.

It's a consequence of modern life. Chronic stress, repetitive habits, and skewed ergonomics cause your diaphragm to be misused. Instead of helping you breathe, it's redirected to shore up posture and stability. "The result is disastrous," says Hruska.

It doesn't matter whether you're an 80-year-old smoker, a 23-year-old Olympian, or a regular, fit guy—odds are the way you're breathing right now is flooding your body with stress hormones, compromising your joints and mobility, bottlenecking your energy, and undermining your performance in the gym and everyday life. Fourteen times a minute, you become a little weaker and a bit duller.

Hruska is on a mission to change that. Step one is understanding how your body is organized.

**OUTWARDLY, THE HUMAN BODY APPEARS** symmetrical—we have two legs, two arms, two eyes, two ears. But below the surface that symmetry vanishes. We have a liver on our right and a spleen on our left. Our heart sits in our upper-left chest cavity and takes up so much room that to accommodate it, our left lung must be smaller than our right (two lobes versus three). Even the two halves (or leaflets) of the diaphragm are different in size and strength. "Every single system in your body—visual, digestive, muscular, respiratory, lymphatic, neurological—is inherently asymmetrical," says Hruska.

That's not a bad thing; although organized asymmetrically, the body's structures are still more or less distributed evenly. "But that asymmetry does tend to make most of us shift our center of gravity to our right leg," says Hruska.

## Behind the Curve

How the shape of your diaphragm determines how well you breathe.



### 1/ Optimal Breathing

To help you breathe, your diaphragm must be a dome. In that position it can press against your ribs, boosting stability, and draw air into your lungs as it contracts and flattens. "The area where it presses against your ribs is the zone of apposition, or ZOA," says Bill Hartman, C.S.C.S.

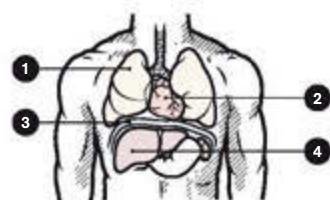


### 2/ Typical Respiration

Postural habits and chronic stress cause most people's ribs to flare and their diaphragm to remain contracted. "As a result, you lose your ZOA and your diaphragm stops being a respiratory muscle," says Hartman. You become a chest breather, the most inefficient kind.

## Your Asymmetrical Torso

The balance you see in the mirror isn't reflected in your internal structure.



### 1/ Lungs

They come as a pair, but the left is smaller to accommodate the heart.

### 2/ Heart

We shift weight onto our right leg in part to counterbalance this organ.

### 3/ Diaphragm

It has two sides, but the right is thicker and stronger than the left.

### 4/ Liver

It also has two lobes, but the right is much larger (by a factor of six).



If you've ever stood in line, waited for baggage, mingled at a cocktail party, or spent more than a few minutes on your feet, you know what he's talking about. You put your weight on your right leg, move your left foot forward, rotate your pelvis down and right, drop your right shoulder, and raise the left side of your rib cage. The result is a stance much like that of Michelangelo's *David*.

We assume this stance partly due to gravity (to offset the weight of the heart), partly to support the function of the diaphragm's larger right leaflet, and partly because that leaflet's stronger attachments tug us in that direction. "But it's also a consequence of being right-handed," says Hruska. "Even if you're a lefty, you shift right because nearly everything in society, from doorknobs to automobiles, is ergonomically designed for righties."

Eventually we get locked in that rightward posture. "Repeatedly assuming it creates neuroplastic changes in the brain that make it the norm," says Hartman. "And the norm can spell trouble for other areas of the body, especially the joints."

**"THERE'S A REASON WHY I BEGIN MY SEMINARS** on the audience's left," says Hruska. He leaves his podium and walks across the room to our right to demonstrate. Immediately, a handful of us begin fidgeting. "You're more comfortable looking left because your upper body rotates that way to compensate for the rightward orientation of your lower body," he says. "Until you're able to realign yourselves and breathe effectively on both sides, you'll be more attentive if I lecture on your left."

The human body, Hruska says, isn't designed to remain fixed on one side—not comfortably. It's designed for "reciprocal" movement. As we walk, run, climb, crawl, and otherwise travel through our world, we synchronize the movement of opposite limbs and alternately shift our center of gravity between our right and left legs. "At least that's what's supposed to happen," says Hartman. "Most of us never achieve that."

Sure, you put one foot in front of the other as you walk, but an x-ray would reveal that you still move with a Michelangelo twist. Your pelvis remains rotated to the right, your center of gravity doesn't budge, and the left side of your rib cage remains flared. "It's like driving with your alignment off," says Neil Rampe, C.S.C.S., L.M.T., a manual and performance therapist for the Arizona Diamondbacks. "You can compensate by oversteering, but if you don't correct it, your tires will wear out after 30,000 miles instead of 60,000."

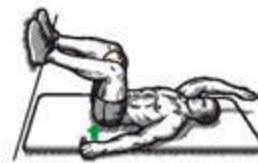
In the human body, that wear and tear most often manifests as back, neck, and joint pain. "If you constantly stress the same knee or load your back the same way, that area may have a breakdown," says Hartman. But perhaps the most insidious consequence of being stuck on the right is the effect on respiration. "Without reciprocal movement, the diaphragm can't do its job," says Hartman. And then all hell breaks loose.

## Breathe Right, Now

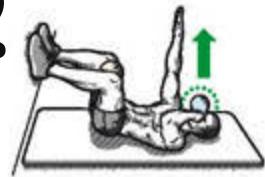
**The one exercise every man must do to retrain his diaphragm, realign his body, and start breathing better instantly.**

### 90/90 HIP LIFT WITH BALLOON

1



2



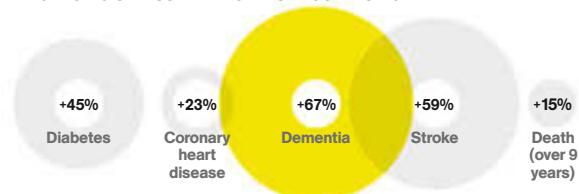
Lie faceup with your feet flat against a wall and your knees and hips bent 90 degrees. Place a 4- to 6-inch ball between your knees and extend your right arm above your head; hold an uninflated balloon in your left hand by your side. Inhale through your nose and exhale through your mouth, tilting your pelvis up so that your tailbone rises off the floor (your lower back should remain on the ground).

Hold that pelvic position as you raise your right arm toward the ceiling. Put the balloon to your mouth with your left hand. Inhale through your nose, and then exhale into the balloon as you reach toward the ceiling with your right arm. Hold for three seconds (don't let the air out of the balloon). Repeat the process two more times, then return to the starting position. That's 1 round. Do 5 rounds up to three times a day.

## Lung Way Down

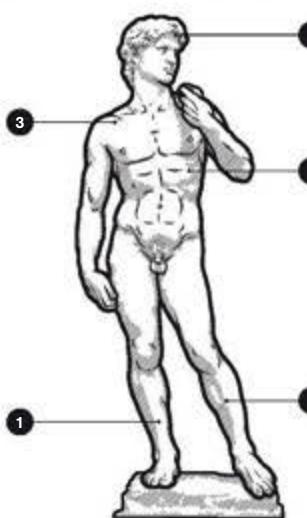
**Bad breathing causes chronic stress, which could lead to a world of hurt.**

### CHRONIC STRESS MAY INCREASE YOUR RISK OF...



## A Model of Bad Posture

**Sure, Michelangelo's *David* looks good. He also shows how an everyday habit can quickly become a breathing problem.**



1/ After a couple of minutes of standing, you shift your body's center of gravity onto your right leg.

2/ Your left leg moves forward, taking the left side of your pelvis with it. Your entire pelvis also tilts downward.

3/ Your right shoulder drops while the left side of your rib cage flares out and tilts up, causing your diaphragm to lose its dome shape. It has now ceased to be your primary breathing muscle.

4/ Your intercostal (between-rib) muscles, pectorals, and neck muscles pick up the slack.

5/ Trouble ensues. With the diaphragm offline, tension increases throughout your body. Plus, your brain elevates the production of stress hormones like adrenaline. The result: reduced breathing efficiency, greater stress, elevated cardiovascular strain, and a higher risk of back, neck, and joint pain.

**IN ITS RELAXED STATE, THE DIAPHRAGM IS SHAPED** like the canopy of a parachute. When you inhale, it contracts, increasing the space in your chest cavity, into which your lungs expand. Your intercostals—accessory breathing muscles between your ribs—create more room by pulling your ribs up and out. As your chest expands, the pressure within it falls, causing air to enter the lungs. When you exhale, your diaphragm and intercostals relax, forcing air out. Exhalation requires no effort.

“That’s the textbook description,” says Louis Libby, M.D., a pulmonary physician and former chief medical officer at the Oregon Clinic. “But very few of us actually breathe that efficiently.”

Everything hinges on how much of your diaphragm butts up against your ribs, an area known as the zone of apposition (ZOA). “People think of the core as the abdominals, but really it’s the ZOA,” says Hartman. “The more of your diaphragm that apposes your ribs, the more efficiently you breathe and the more stable your pelvis, spine, and thorax are.”

With a good ZOA, your diaphragm can act like a plunger, drawing air into your lungs. It can also contract in coordination with your abdominals and pelvic floor—a bowl-shaped sheet of muscle in the pelvis. “Together they form a tight canister that increases intra-abdominal pressure and stability,” says Hartman. This mechanism is powerful, having the ability to support more than 1,080 pounds—the current world record in the squat. “If you’ve ever wondered why powerlifters hold their breath, that’s the reason,” says Hartman.

For most of us, though, the diaphragm is never in a position to support optimal posture or breathing. Why? Our right-sided stance cracks the canister open. “Your pelvis and pelvic floor tilt down, and your ribs and diaphragm tilt up,” says Hartman. You lose your ZOA. And just like that, your primary breathing muscle flickers offline.

Other muscles pick up the slack. Your intercostals take over most of the work, and your scalenes and pecs chip in as well. “But the net effect is that we become chest breathers,” says Dr. Libby.

# “YOU NEED TO REMEMBER YOU HAVE A LEFT SIDE, AND START USING IT.”

Such inefficient breathing won’t kill you. “You extract only 20 percent of the oxygen you breathe in,” says Peter Brown, Ph.D., head of performance knowledge at the English Institute of Sport. “That’s why you can resuscitate someone with exhaled air.” What’s more important is how your body perceives chest breathing. It assumes you’re in danger.

“In times of fight-or-flight, your brain recruits the less-efficient respiration muscles first,” says Brown. It’s a sound survival strategy. “If you’re trying to outrun a grizzly, you don’t want to exhaust your most powerful breathing muscle if you don’t have to,” says Brown. “You want to keep it on standby in case things turn from bad to worse.”

But you don’t need to be in actual danger for your brain to switch into survival mode. It operates on generalizations, and chest breathing suggests life-or-death stakes. In response, your brain hits the panic button, flooding your body with stress hormones such as cortisol and adrenaline. “That’s a good thing if you need a burst of power and speed to escape a predator,” says Dr. Libby. “But if you can’t shut it off, which is what happens with chest breathing, you strain your entire cardiovascular system.”

Chronic tension in what should be accessory breathing muscles can lead to migraines, neck and shoulder pain, and backaches. It’s a vicious cycle. “Stress causes us to breathe inefficiently, and inefficient breathing causes stress,” says Dr. Libby.

**TO FULLY UNDERSTAND THE DESTRUCTIVE POWER** of inefficient breathing, it helps to look at extreme examples. And no example is more extreme than a pro athlete. “If you think of the body as an automobile, athletes are race cars. They have the same alignment and breathing issues as everyone else, but they push themselves harder and have more power under the hood. So when things go wrong, they go really, really wrong,” says Rampe.

We’re standing in the weight room of the visiting clubhouse at Citizens Bank Park in Philadelphia, where the Diamondbacks are preparing to face the Phillies. Most of the players are warming up with light workouts or agility drills. But a handful are sprawled on the floor or leaning against walls blowing up balloons. “This isn’t a birthday,” says Rampe. “It’s respiratory resistance training. The balloons train them to breathe in a new position—one that allows for optimal functioning of the diaphragm.”

As they blow up the balloons, each player tilts his pelvis up and keeps his ribs down, sealing the canister. He also reaches forward with his right arm to rotate his torso left and open his lungs. (Try it yourself with the 90/90 hip lift on the previous page.) The result? “The diaphragm comes online,” says Rampe. “It’s like hitting the reset button, structurally realigning the body.”

Or, as Hruska describes it, “You become neutral.”

You can think of neutrality as being functionally symmetrical—the ability to shift your center of gravity from one side to the other, to breathe efficiently with both lungs, and to maintain the position of your

true core. “Being neutral helps everything,” says All-Star first baseman Paul Goldschmidt. “When I lift, I’m stronger. When I run, I’m faster. It allows me to fully express my power and speed.”

It also helps him stay off the DL. “Paul and the rest of these guys tended to be overextension monsters when we started with them,” says Rampe. “They had puffed chests, excessively arched backs, hunched shoulders—the typical ‘gym posture.’”

Like many men, they took the advice of “Don’t round your back when you lift” to the extreme. In so doing, they reinforced the right-dominant pattern they were stuck in and overloaded joints already suffering from overuse, says Rampe.

The problems with overextension, which is essentially an exaggerated chest-breathing posture, aren’t limited to injury. “Your intercostals burn through energy quickly and produce a staggering amount of metabolic waste, such as lactate,” says Brown. During exercise, that increases the perception of effort. The result: Most men never exercise as hard as they think they do—or come close to maximizing their gains. It’s just one more reason to get neutral. And to do that, you need to change the way you move through your world.

**“EVERYONE STAND UP,” SAYS HRUSKA IN THE** seminar room. “Put on your jackets.”

We all do as he says, right arm first. “Now put on your backpacks.” Thirty bags go over 30 right shoulders. The exercise continues—we cross our legs (left over right), begin walking (left foot first), and relax in our chairs (slumping to the right), each time unwittingly adhering to right-side dominance. “Correcting postural patterns doesn’t stop with blowing up balloons,” says Hruska. “You need to remember you have a left side, and start using it.”

At the most basic level, that means reaching for objects with your left hand, standing with your weight on your left leg, and sitting with your right knee ahead of your left. But Hruska encourages people to go deeper:

- “When you drive, press your left glute and lower back into the seat to take the demand off your right side and decompress your spine,” Hruska says.

- Do the same when you’re seated at your desk. If you’re right-handed, also bend your torso to the left and place your left arm on your desk or armrest. (Lefty? Keep your torso centered.)

- At night, sleep on your left side, placing a pillow under your torso and another between your knees to move the right side of your pelvis forward.

“Done consistently, these actions remap the representation of your body in your brain, making reciprocal movement not only normal but also automatic,” says Hartman.

As repetitive wear patterns fade, so too will nagging aches and pains. “Once you take yourself out of a chronic, hyperventilated [chest-breathing] fight-or-flight state, many aspects of health improve,” says Dr. Libby. “Your blood pressure goes down, you sleep better, your risk of stroke

Satisfaction  
GUARANTEED!

▶ INVISIBLE WOUND, CONTINUED FROM P. 91

and heart attack decreases—even people who suffer from fibromyalgia and chronic fatigue syndrome find that they're less symptomatic."

Hruska is aware that such claims can sound unbelievable, and that some jokingly refer to the "miracles" he performs as "voodoo." The thought makes him cringe. "I hate making this look like a dog-and-pony show, but I don't know how else to grab people's attention," he says. "The potential is huge—everything from orthopedic ailments to cardiopulmonary diseases can have roots in posture and breathing."

Hearing him talk, one gets the sense of a pending revolution. In many respects, it has already begun. A growing number of physicians are attending his seminars. Terms like "pelvic tilt" and "zone of apposition" are becoming buzzwords among trainers. And the fitness blogosphere is exploding with discussions of neutrality and true diaphragmatic breathing.

But ultimately, Hruska sees his revolution as distinctly unrevolutionary. "It's the future, but it's also the past," he says. "It's a return to how things used to be, a time when we worked and played outside, when we didn't sit at desks all day, and when neutrality and reciprocal movement weren't things that we had to relearn." And there he pauses, smiling. "It's a return to a time before we became so damned right all the time." ■

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become stuck in hypervigilant mode, "always tense and looking around the corner," he says. The key is uncovering the root psychological cause of ED, ideally with the partner present. Partners are a primary source of support for veterans, says Erbes. "Generally, the more support you have, the better you do in terms of PTSD."

Couples therapy isn't a quick fix, but over the long term it can help salvage a veteran's sex life. In a 2008 Israeli study, two months of behavioral and sex therapy involving both partners significantly improved erectile function, sexual satisfaction, and orgasm scores in PTSD patients.

"Intimacy is valuable in helping a service member with PTSD heal," says Seth Messinger, Ph.D., an associate professor of anthropology at the University of Maryland. Some psychologists liken sex to prolonged exposure therapy, an effective PTSD treatment during which patients are gradually exposed to a trauma trigger in order to strip it of its power.

If the VA adopts this approach consistently, some of the stigma of erectile dysfunction and therapy may dissipate, says Tepper. And that, adds Dr. Helmer, could percolate down to treatment of civilians: "You could have a young, healthy person who is otherwise able to get an erection, but when he's put in an awkward, anxiety-provoking situation, the brain just kind of shuts down the process."

Dr. Helmer's patients understand. "They're saying, 'Don't just give me a pill. I'm 25 years old—I don't just want a pill for PTSD and a pill for ED. I want to get better. How do I get better?'"

In Sapiro's view, this shift is part of a reframing of what it means to be a man. "Men go into war thinking, 'I might die. I signed up for that. I might lose a limb. I signed up for that,'" he says. "Do they go into war thinking they might never be able to have penetrative sex again? We can help them see there is so much more than 'I don't use my penis in the same way I used to.' You can be sane and totally intimate and loving, and you can still be a man."

Radell now lives in Las Vegas and works as a spiritual leader for a Native American group. He remarried and his sex life rebounded. He no longer drinks and is off his VA-prescribed medications, although he does smoke medicinal cannabis to treat his back pain and anxiety. He's sleeping and eating normally. "I'm back to a point where I feel like I'm in control of my faculties 100 percent," he says. "I'm able to leave the house now. I'm able to be an active participant in my life." ■

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# The Scene of the Grime

Spring is the season for scrubbing. Are you Mr. Clean or Sloppy Joe?

THE AVERAGE GUY

1 IN 4

Number of men who haven't taken toilet brush to bowl in a month or more



6 Minutes the average guy spends making his latrine pristine

49 Percentage of men who believe "eating clean" means consuming foods as they're found in nature



30 Percentage who define it as simply washing their hands before chowing down



17 Percentage of guys who've accidentally texted the wrong woman because of their messy, disorganized, overcrowded contacts list

28 Percentage who will insist that two-day-used briefs are still fit for duty



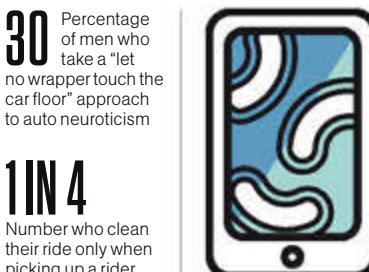
1 in 11 Number who plead the Fifth (or is it the fifth?) when asked how long it's been since they washed their sheets

30

Percentage of men who take a "let no wrapper touch the car floor" approach to auto neuroticism

1 IN 4

Number who clean their ride only when picking up a rider



28

Percentage of men who assume that their smartphone screen is completely microbe-free

16

Percentage of cellphones that are, in fact, contaminated with traces of E. coli bacteria (crap!)

7

Percentage of foul-mouthed guys who vow to finally disinfect their vocabulary this spring



"SHIT"

Expletive the average guy types most frequently into his Facebook statuses

1 IN 3

Number of men who've thrown in the (dirty) towel and just hired a maid

60 Percentage of fathers who say they're fed up with constantly nagging their kids to clean their rooms



44 Percentage of men who say their childhood bedroom always met Mom and Dad's standards

67 Percentage of men who actually rinse the dishes before loading up the dishwasher



14 Percentage who endorse the tried-and-true "easy wash" method: Soak them first...for several days

5

Percentage who say they've lived out the French maid fantasy

## LOSE THE WALLET WEIGHT

There's no excuse for an obese billfold. Organizing expert Monica Friel suggests that you begin the slimdown by uploading store loyalty cards, the bulkiest offenders, to Passbook (iOS) or Google Wallet (Android, iOS). Next, set aside your infrequently used credit cards and save the numbers on the LifeLock Wallet app in case you need them in a pinch. Finally, scan all those business cards using the CamCard app. (And yes, all the apps mentioned above are free.) If your wallet gains the weight right back, you may need to ditch it for a money clip, says Friel.

## THINK OUTSIDE THE INBOX

If your personal e-mail account is approaching terabyte territory, it's time for an intervention. Sync your inboxes to Mailstrom (\$5, mailstrom.co). This program automates the mass-deletion process and can sort thousands of e-mails at once, says Diane Albright, a professional organizer and productivity consultant. To prevent another pileup, download Unroll Me (free, unroll.me). With this software, you can unsubscribe from unwanted store promos and news alerts with one click—without ditching the good stuff (like your Men's Health newsletters).

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